SUMMER '83
ISSUE #3

FREE

COMMON GROUND

BC's GUIDE TO GOOD SERVICES

By Mail: $1.50 per issue; $4.00 yr.

Arts & Music • Business Services • Children • Clothing & Textiles • Communications • Communities & Co-operatives • Conferences, Festivals & Special Events • Crafts • Education • Energy & the Environment • Food & Restaurants • Global & Social Change • Health, Healing & Bodywork • Movement & Sports • Psychic Arts & Intuitive Sciences • Psychology, Therapy & Counselling • Spiritual Practices • Time Out & Travel • Tools & Wares • Womens' Organizations & Services • For the Traveller • And More . . .

Val. J. Anderson, Canadian Ecumenical Action

65,000 people at Sunset Beach in Vancouver on April 23, supporting one peaceful world.

SPECIAL ISSUE ON PEACE & PROSPERITY

FEATURES: I.F. STONE, JOHNATHAN SCHELL, BRUCE COCKBURN

COMMON GROUND

THE COMMON GROUND CODE

"By listing in this publication, the advertisers acknowledge they do business in a spirit of unity, cooperation and understanding, and maintain a high level of integrity, responsibility and service".

2574 West 36th Avenue, Vancouver, B.C. V6N 2P5
879-3805 261-8324 734-8915

Publishers: Michael Bertrand, Alana Mascali, Joseph Roberts
Production & Layout: Moreah Nicols, Glenys Stuart
Design: Bob Mercer, Rick Testa
Camera Work: Uni-Type Services, Inc.
Typesetting: Guru Raj Kaur Khalsa *Printing:* Valleyweb Graphics, Ltd.
CIRCULATION: 35,000

FOR THE LISTER:

HOW TO LIST IN COMMON GROUND

There are two kinds of listings:

(1) Listing featuring your **logo** are **$80** for your **first 120** words.

(2) Listings with a **headline**, but no logo are **$30** for first **40** words.

Additional words: **40** words are **$20; 20 words** are **$12; 10** words are **$7.** There is a one time charge of **$6** for **logo camera work.** Please include payment when you send your listing.

These are the basics. Call if you have any questions.

WHY LIST WITH COMMON GROUND?

Because it works — here's why. . .

LOW COST. Considerably less than comprable display space.
SIMPLE TO DO. No ad agency needed. Just submit copy plus logo or glossy.
MULTIPLE-EXPOSURES. The quarterly frequency maximizes market reach.
DISTRIBUTION. Goes to people not doorsteps.
READER INVOLVEMENT. Network publications engage reader loyalty because of their convenience and credibility.

• **Convenience:**

- Listings are organized by easy-to-find categories, making the directory a Yellow Pages of contemporary opportunities.

— *Common Ground* is distributed through stores, centers and special events which attract an active readership.

• **Credibility:**

— The listing format discourages "hype": advertisers talk *with* the reader rather than *at* them.

• *Common Ground* is locally owned and operated and generally facilitates reader/advertiser connections through other media as well.

Deadline for Fall issue is August 12th.

COMMON GROUND SUBSCRIPTION FORM

To make sure you get *COMMON GROUND* every quarter, fill out the form below and return with cheque or money order, payable to *Common Ground*, to address at bottom.

Name _____

Address _____

City _____ Prov./State _____ Postal Code _____

Starting with _____ issue.

____Payment of $4 enclosed for 4 issues (add $1 for outside U.S./Canada)

____Payment of $1.50 enclosed for a single issue

Common Ground, 2574 W. 36th Ave., Vancouver, B.C. V6N 2P5. Canada
Michael Bertrand-**879-3805;** Alana Mascali—**261-8324;**
Joseph Roberts—**734-8915**

FOR THE READER. . .

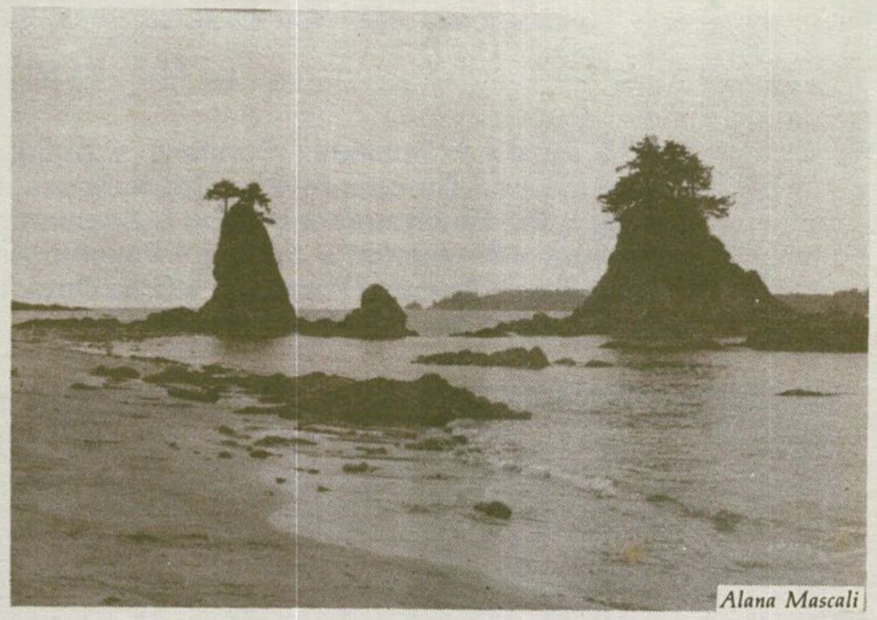
With this third issue of **Common Ground** we've grown from 28 to 36 pages and have inaugurated theme issues beginning with probably the most important issue of our time: Survival in the Nuclear Age.

We are privileged to present in this issue articles by **I.F. Stone** and **Jonathan Schell** in addition to local writers **Dominic Watson** and **David Short.**

We're kicking off a **Letters** section with a letter by musician **Bruce Cockburn.** We welcome your letter of praise, slander and abuse — but there's no guarantee we'll print it.

And we wish to thank all the listing businesses, organization and individuals who, by recognizing the value of **Common Ground,** have allowed us to flourish.

We encourage you, the reader, to get in touch with those people listed within this directory. Let them know you saw them in **Common Ground**. Find out more about what they have to offer. And support the network by thinking globaly but buying locally.



Alana Mascali

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IN DEPTH

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Greg Kinch

Send in the Machines

This article is adapted from remarks delivered April 10 at the Ford Hall Forum in Boston.

I.F. Stone is one of America's most respected liberal journalists. For many years he published "I.F. Stone's Weekly", in Washington, D.C.

I.F. STONE

The clouds are gathering. Our planet has never been in greater peril. Time is runnning out for the human race.

From its first day in office, the Reagan Administration has been conditioning the American people for a world showdown. The Administration hasn't the slightest interest in arms control, in disarmament, or in peace. It has been itching for war from the beginning, inflaming ancient hatreds, fulminating about attacking Cuba, and waging a secret war in Central America behind the backs of Congress and in violation of the law.

. . .life-and-death decisions will be out of human hands.

But the most immediate danger is that unless we freeze the nuclear arms race very soon, both superpowers will lose control. After only one or two more technological steps, life-and-death decisions will be out of human hands. Constitutional guarantees will become meaningless, the President of the United States and the Soviet Politburo will be equally helpless, and basic judgments will be made by computers. It will be too late then to consult Congress, or to use the hotline between Washington anbd Moscow. And when it's over, there will be few survivors left to wonder whether it was a Canadian goose or a real ICBM heading one way or the other that set off the great conflagration.

When World War II ended, we were blessed with an impregnable position. The British used to boast that the English Channel was a moat that protected them from Continental rivalries and ambitions. But we had *two* huge moats — on one side the Pacific, on the other, the Atlantic. We had peaceful, unarmed, unfortified borders with Canada and Mexico. Nobody could attack us.

How did we lose our impregnable position? We lost it because of the efforts of our own scientists and engineers working in our own laboratories. Our own technology, and our inability to control it, undermined American security and made it possible for someone to destroy our country in the span of a few hours. First we developed the atomic bomb, then the hydrogen bomb, then the ICBM to jump the oceans. And that made it possible, of course, for an enemy to jump the oceans too, carrying the bomb in the opposite direction.

When the Pershing II missiles are installed in Europe, and when the Russians respond by stationing their missile submarines off our Atlantic and Pacific shores, as they have threatened to do, it will take only eight or ten minutes (or less) for either superpower to destroy the other.

And now Ronald Reagan has opened up a whole new dimension of warfare in space. He says we will develop the "perfect" weapon. What the perfect weapon will do is end our ability to control our own destiny.

We're told that the time in which one of the new wonder weapons would do its work is 260 seconds — 40 seconds less than five minutes. When an ICBM is launched on one side of the Earth, the other side must detect the flash of light, locate the missile, track its speed, chart its vector, and let loose a beam to hit it before it gets very far — all in those 260 seconds. That means total dependence on the computer.

What if an oil refinery catches fire

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ARTS & MUSIC

Correspondence Courses in Celtic Knotwork, Level I, by **Aidan Meehan.** Mailed direct, in ten weekly units. Step-by-step instructions for thousands of Celtic Knots, fully illustrated. Also available, **Knotwork Level II**, a further 10-week course.

Aidan, has taught Celtic Art internationally and now teaches Celtic Art, and Calligraphy, at Vancouver Community College, Continuing Education Dept., Langara, 100 W. 49th Ave., and at the Irish Cultural Centre, 771 Prior Street, **VANCOUVER**, B.C.

To register for Knotwork I or II, send $40 to Celtic Art Correspondence Courses, P.O. Box 3997, **VANCOUVER**, B.C. V6B 3Z4, payable to Aiden Meehan.

DIGICON 83

Digicon '83: The International Conference on the Digital Arts, to be held **August 13-17** in **VANCOUVER**, will celebrate artists and musicians discovering the new tools of high technology. It will give you an opportunity to explore the exciting creative potentials of computers as a new medium in the artistic process, expanding possibilities and extending the imaginaton.

Digicon events include an extensive art exhibit, a computer film festival, an equipment show for computer graphic and music systems, Play-Labs for hands-on experiences, seminars with world leaders in computer art and music, an evening concert, plus a special networking party.

Come — Share — Experience — and Participate!

For more information, write to: DIGICON '83, 5997 Iona Drive, **VANCOUVER**, B.C. V6T 2A4 or call **(604) 224-3283.**

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& ART GALLERIES

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BUSINESS SERVICES

Bourse 'n Bacchanal

VANCOUVER'S BUSINESS NETWORK

IN FRANCE a *"Bourse"* is a money exchange — a place to exchange dollars for francs.

IN JAMAICA a *"Bacchanal"* is a carnival — a place to meet people and have fun.

IN VANCOUVER *"Bourse 'n Bacchanal"* provides the opportunity for you to meet people, make money and other profitable contacts and to have fun. The 'n' means to network and that is what it is all about — share knowledge, giving and receiving information, making business and personal connections — a place to meet people you wouldn't come in contact with otherwise.

GOOD CONTACTS ARE THE KEY TO PROSPERITY. B & B Networking Parties are held in a variety of Vancouver's superb restaurants. Involvement is simple — upon arrival select a beverage and Hors d'oeuvres to your liking, circulate, communicate and connect. Exchange information on your product or service. Set up appointments and follow up. Bring 100 Business Cards.

1983 Summer Events:

June 28, 7:30 p.m. — Bisaro's Restaurant.

July 19, 5:30 p.m. — Kono Winds Evening Boat Cruise.

For information and reservations call the BOURSE 'n' BACCHANAL office at **688-5851, VANCOUVER,** B.C. 1983 Calendar of Events Available upon Request. Memberships Available.

CREDIT UNION CCEC

CCEC Credit Union is a unique community organization dedicated to using our financial resources to support socially redeeming and ecologically sane activities. CCEC aims to be a constructive presence in our community and a model for other financial institutions.

The credit union offers low interest loans to self-help, co-operative and service groups. These loans are seen as investments in a healthy community and a re-ordering of economic priorities. To make these loans possible members forgo interest on their deposits. Over 100 groups and over 750 individuals are now members.

Additionally, member invovlement is encouraged, at general meetings and on elected bodies, to ensure that members control their resources and that their values are respected. Membership is open to consumer, worker, community service and arts groups, and to individual members of these groups.

CCEC Credit Union offers savings, loans and chequing services; all deposits are guaranteed. **Hours Mon/Wed 11 a.m. - 5 p.m.; Fri. 1 p.m. -7 p.m.** 205 East 6th Avenue, **VANCOUVER**, B.C. V5T 1J7. **876-0910.**

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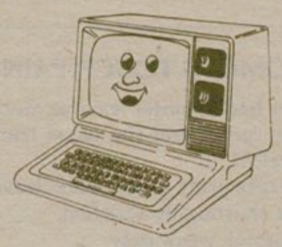
Also, we buy some rundown Datsuns and Toyotas. Call **Karl** at **873-9858** or **Hank** at **736-0855, VANCOUVER,** B.C.



WHO WE ARE: We are The Granville Island Barge Computing Centre. We are the people to see if you are interested in discovering the possibilities of the new micro computer world. We talk *people* not *high tech*. We can show you how to put the computer to work in your small business or help you with projects from networking to mailing lists. We can save you the immediate cost of buying a computer -- you can rent by the hour on The Barge.

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For more information, call **Jeane Treloar**, at **681-4962. VANCOUVER,** B.C.

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My work experience over the past 14 years has encompassed teaching drawing and design to children and adults, creating environmental artpieces for the City of Vancouver, focalising the design of magazines and publications both here in B.C. and for the Findhorn Foundation, freelance design projects for restaurants, hotels and institutions and graphic services for anyone who wants them. Contact me at **(604) 826-7143. FRASER VALLEY,** B.C.

Alan L. Katowitz
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Queen Charlotte Images:
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Alan L. KATOWTIZ, **photographer and consultant**, Box 120, 810 W. Broadway, V5C 4C9, **VANCOUVER. 874-1037, 731-7221 Pager No. 13329.**

I'm Union
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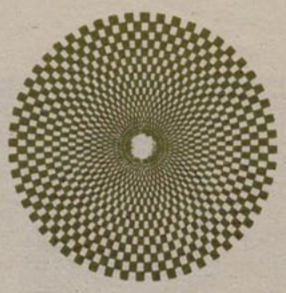
N.A.M.



At **N.A.M.** we are dedicated toward building positive and humanistically oriented alternative futures by sharing and interacting with individuals, institutions, groups, companies and organizations who are committed to the sensible research development, dissemination, and communication of concepts, products, ideas, information and organizations that will be of benefit to people and the planet in the new age.

We offer a total spectrum of research, marketing, advertising, planning, design and communications services through professional people in related and complimentary fields of experience.

Areas we are most interested in being of service include: Human Nutrition; Natural Foods, Holistic Health and Healing, Natural and Spiritual Living; Humane Consciousness: Education/ World Peace/Animal Rights; Ecology and the Environment; Architecture, Appropriate and Alternative Technology;, Related concepts, ideas, organizations, publications, media that embrace or reflect similar principles.

If you share our perspective and are in need of assistance in any of the aforementioned areas, please feel free to contact us for consultations or proposals without obligation.

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For more information call **Michael Weiner, 531-3553**, or write: N.A.M., 1829 168th St., RR 11, **WHITE ROCK,** B.C. V4B 5E7.

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CHILDREN

We're all Children.
This is your space for the fall issue

(Guess who the publishers are?)

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Dance and fitness wear designed with your body in mind.

Our cotton/lycra and cotton/polyester/lycra blend fabrics combine the comfort of cotton with the best fit possible. Our line includes swimwear, tanks, leotards, unisex, pants, and unitards — a complete range of styles to suit all your fitness needs.

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Shop for our line at the following locations:

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Holliday Funwar
Spotlight Dance Shop
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clothworks
fabric designers
and printers

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Please contact us for further information. **669-0127.** 132 Powell St., **VANCOUVER,** B.C. V6A 1G1.

4th Avenue
CLOTHESLINE
MEN'S AND WOMEN'S
NEW & RESALE CLOTHING

Fourth Avenue Clothesline, offers a large, well organized collector of contemporary clothing for men and women.

Much care goes to maintain this revolving supply of new and resale clothing with equal attention given to maintain fiar prices.

This store attempts to have lots of *"something for everyone"* to find in an enjoyable atmosphere.

Hours are from 10 a.m. to 9 p.m. daily except Sundays noon to six.

A pick up service can be arranged for consignment clothing.

2954 West 4th Ave. at Bayswater, **733-4414, VANCOUVER.**

FOR THE TIME BEING
UNDER NEW OWNERSHIP

A warm comfortable space in which to assist you to project your inner strength to your outer image. . .creating, changing, transforming. Be *all* that you are.

Colour alignment, personal design, natural fabric, new and resale clothing.

Offering:
- individual/group colour draping
- alterations.

2953 West 4th Ave., **VANCOUVER,** B.C. **738-3143.**

THE MATERIALIST
CAROL CRABTREE

An eclectic assortment of good used clothing. Vintage, functional, and up-to-date cottons, woolens, rayons, and silks (this is no polyester paradise). Some hand-crafted original clothing. Curtains, linens, fabric pieces too. We specialize in low prices.

The Materialist, 2565 Alma, **VANCOUVER**. Open 12-6. Mon. thru Sat.

METROPOLE
SECOND HAND CLOTHING

30's, 40's, 50's, Punk, New Wave, Ethnic. Victoria's favourite.

541 Johnston, **VICTORIA**, B.C. **(604) 381-1315.**

COMMUNICATIONS

Banyen Books
2685 WEST BROADWAY,
VANCOUVER, B.C. V6K 2G2
CANADA

BANYEN BOOKS is Canada's largest and most comprehensively stocked bookstore focusing particularly in the fields of psychology, religion, philosophy, esoteric studies, health and healing, the oriental and occult, astrology, yoga, self-help, gardening, diet & nutrition, natural childbirth, parenting & education, martial arts, massage, relationships, consciousness expansion, metaphysics, science & mysticism, success-prosperity, shelter & energy, ecology, etc.

Our peaceful, interdimensional atmosphere is a studious oasis for the seeker of wisdom and new ways of being in the world.

Also available are records and tapes of New Age music, guided meditations, self-hypnosis, etc., art cards, crystals, incense. Plenty of seats welcome leisurely browsing.

A new part of Banyen is now two doors west at 2693 W. Broadway.

Open Monday through Saturday from 9:30 a.m. to 9 p.m., and from 12-7 p.m. Sunday.

BANYEN BOOKS, 2685 West Broadway, **VANCOUVER**, B.C. V6K 2G2, **732-7912.**

Always do what's right. It will gratify half of mankind and astound the other.

- Mark Twain

COMMUNICATIONS

BRITISH COLUMBIA LIST

We are proud to announce the 1982-83 edition of BRITISH COLUMBIA LIST, to be published in May 1983.

BRITISH COLUMBIA LIST is a 560 page semi-hard covered directory of official personnel in Federal, Provincial, and Municipal Governments in British Columbia. It includes:

PROVINCIAL GOVERNMENT — Biographies of all MLA's; detailed lists of functions and officials of each ministry and government agency.

MUNICIPAL GOVERNMENT— Elected and appointed officials of each of B.C.'s approx. 150 municipalities and 30 regional districts, plus general factual information.

FEDERAL GOVERNMENT — Biographies of B.C.'s M.P.'s and senators, plus a complete directory of federal ministries, agencies, and Crown Corporations in B.C.

PLUS — Information and personnel of B.C. schools, colleges and universities, hospitals, nursing homes, museums, newspapers, radio and TV stations, police stations, consulates, libraries, and chambers of commerce. The directory also includes a complete list of management consultants and consulting engineers in the province.

BRITISH COLUMBIA LIST is completely updated before each publication. It is invaluable to anyone who deals regularly with the public sector.

Single copies — $36; 5-9 copies — $30; 10 or more — $25. (Available on a 15-day approval basis)

For further information or to obtain copies of the List, please contact: Sales Manager, 55 W. Broadway, **VANCOUVER,** B.C. V5Y 1P1, **876-3646.**

Corporate Concepts

At CORPORATE CONCEPTS our philosophy, our resources, and our services are all tuned to the vital communication needs of modern business.

Our production and presentation facilities are the largest and most advanced in Western Canada; our people are highly respected in the industry. Through them we apply an intelligent blend of human creativity and technical sophistication to every project, designing individual solutions to your business communications problems.

Whatever you require — *audio-visual production, presentation services, training modules, writing services, computer graphics* — Corporate Concepts solutions create lasting impressions.

CORPORATE CONCEPTS, **the business communicators,** 1260 Hornby Street, **VANCOUVER,** B.C. V6Z 1W2, **685-6201.**

CFRO

CO-OP RADIO
102.7 FM

Vancouver Co-operative Radio (CFRO) is English-speaking Canada's *only* listener-sponsored, non-commercial radio station.

Co-op Radio listeners can hear programming found nowhere else on the dial. We provide an alternative to commercial radio, with programming almost entirely provided by volunteers.

We are now broadcasting from a new transmitter location on Mt. Seymour, with increased power and improved signal.

If you've never been able to receive Co-op Radio before, try us out! Tune us in for the best in music, drama, public affairs, ethnic, gay and women's programming plus much much more!

You can become a member of Co-op Radio. Call **684-8494** or write to **Co-Op Radio, 337 Carrall St., VANCOUVER,** B.C. V6B 2J4.

The National Film Board of Canada provides the most extensive free film loan system in the world, and it's all Canadian! With an excellent collection of films for children and adults, covering subject areas from architecture to the zodiac, the staff will gladly help you select just the films you need.

For fast, last minute ideas, a self-serve library allows immediate pick-up. Free preview facilites are available to anyone wishing to view films on the premises. The library contains films in both official languages and a fine selection of films produced in B.C. by the NFB Pacific Regional Studio.

Phone, write or visit your nearest NFB office for information on film bookings.
1161 West Georgia, **VANCOUVER,** B.C. V6E 3G4 **666-1716.**
811 Wharf Street, **VICTORIA,** B.C. V8W 1T2. **388-3868.**
545 Quebec Street, **PRINCE GEORGE,** B.C. V2L 1W6. **564-5657.**

Phoenix Metaphysical Books

Phoenix Metaphysical Books offers a complete line of spiritual, metaphysical and occult books from Eastern and Western religions, meditation, yoga, consciousness-expansion and awareness to astrology, numerology, the tarot, reincarnation, psychic development, the aura, astral projection, etc., etc., and magic, Wicca, the Qabalah and alchemy. We also conduct frequent seminars, classes, workshops and lectures on these subjects and have available a complete mail-order catalogue.

To be on our mailing list, just give us a call or drop a note in the mail. Our hours are 9:30 to 5:30 Monday through Saturday and Thursday and Friday evenings til 9:00. We're located only 20 minutes from downtown Vancouver, four blocks off Highway 1 at the 152nd Street exit (or catch a 330 Ferguson bus on Hastings Street). 10202-152nd St., **SURREY,** B.C. V3R 6N7 **(604) 584-7684.**

RIDGE ★★ THEATRE ★★

The Ridge Theatre is the place to go and see a movie. We've got the best in cinema; we show old Hollywood classics, foreign art films and specialized favourites. You name it! We've got it! There are lots of things that make the Ridge special. For instance, our **Dolby Stereo** Sound system, crying room for parents with kids and you must admit, that we do make good popcorn. So come on and see what makes the Ridge THE Ridge. We want your feedback. See you soon!

The following films will be featured this summer: • *The Night of the Shooting Stars* • *A Flight of Rainbirds* • *Star-struck* • *Lianna* • Hammett •

For information: see THE SUN for our daily ad, of phone **738-6311.**

THE RIDGE: 16th & Arbutus, **VANCOUVER.**

Drive your message home with our new. . .

BUMPER STICKERS: One Nuclear Bomb Can Ruin Your Whole Day / No Cruise / Wage Peace / Save the Humans (Whales) / Peace Is Disarming . . .and many more messages. Quality silk-screened on all-weather vinyl.

Wear a message that shows you care

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BASEBALL CAPS: with a large peace sign heat pressed onto the fron tof a top quality adjustable cap. Color selection.

POSTCARDS: The Famliar Peace Symbol (as an image replacing maple-leaf on our flag) and its history on the reverse side. Another describes how much money is wasted on the arms race.

POSTERS: the favorite *Gone With the Wind* billing Ronald Reagan and Maggie Thatcher in "The most explosive love story ever told." Half a dozen others such as "It will be a nice day when cancer research gets all the money they need and a general has to run across Canada on one leg to raise money for a jet fighter."

Use these products as fundraising items for your group or as hot stock items at your store. Call **734-8915.**

Mail order address: TELEGRAPHICS, 2148 Cornwall Ave., **VANCOUVER,** B.C. V6K 1B4.

Probably the widest selection in Canada.

COMMUNICATIONS

SPARTACUS BOOKS
PROGRESSIVE BOOKSTORE

A politically independent socialist bookstore with books, newspapers, and magazines on feminism, sexuality, nuclear issues, ecology, science, philosophy, film, literature, political theory, economics, labour, Latin America, Canada, Europe, the U.S. and much more.

Upstairs, 311 W. Hastings **VANCOUVER. 688-6138.**

SUPERLEARNING

Created by Ostrander, Schroeder & Ostrander, authors of *Psychic Discoveries Behind the Iron Curtain* and *Superlearning*.

Stress free, rapid learning system. Books and tapes available.

Special music for learning and memory training; language programs mind/body exercises for relaxation and health enhancement; sports — creative running and tennis flow.

Information — Write: Superlearning® Inc., #105 - 1290 West 11th Ave., **VANCOUVER**, B.C. V6H 1K5. Call: **736-5287.**

VANCOUVER FILM COUNCIL
NON-PROFIT SOCIETY EST 1947

Economic rentals: 16 mm projectors, films, super 8mm projectors, editors and movie screens. Very reasonable film cleaning, repairing and sprocket replacement service available. Film programming and booking for a low fee.

Many comedies and cartoons available. President: Pearl Williams. Staff: Ed Hutchings and Gordon Wong.

Phone **733-3414** for information and hours. 1605 W. 12th Ave. **VANCOUVER.**

Somehow, we must get the message across the the nuclear arms race doesn't increase security.

COMMUNITIES & CO-OPERATIVES

The Salt Spring Centre

Situated on 69 acres of meadow and woodland near Blackburn Lake, the SALT SPRING CENTRE sponsors regular workshops in health management, contemporary performing arts and systems of applied philosophy/religion. In addition, the Centre offers personal work/study retreats or full guest programs (rates are variable), and is also available for rental.

SUMMER WORKSHOPS:

August 3-8: ASHTANGA YOGA RETREAT WITH BABA HARI DASS. We feel honoured to host this five-day intensive in the classical system of Yoga with an acknowledged master. The retreat is a unique opportunity to learn and practice time proven methods to increase health and vitality, facilitate mental well-being and open doors to your creative potential. *Cost:* Adults — $135; Children - 2-12, $85 (full day-care provided). Pre-registration required by July 25.

Information: **874-3997 (VANCOUVER), 537-2326 (SALTSPRING).**

BRANCHFLOWER LAND COOPERATIVE

A cooperative of hard-working people committed to developing the land with ecological consciousness for greater self-reliance, based on an economy of orchards, gardens, woodcraft, solar technology, food processing, with ideals of social equality, non-hierarchy, non-possessiveness, communal living and childcare.

Comp. 10, Site 5, R.R. #1, **SALMON ARM**, B.C., V0E 2T0. Phone number for messages: **(604) 835-8463.**

CO-OPERATIVE HOUSING FEDERATION OF BRITISH COLUMBIA

CHF/BC is a provincial association of housing co-ops which provides educational courses and seminars, a monthly newsletter, media relations, information and referral services, films, speakers, publications.

49 member co-ops; new member co-ops welcome. **734-5653, VANCOUVER**, B.C.

FINDHORN COMMUNITY
FRIENDS OF FINDHORN

Findhorn, the intentional spiritual community in Northern Scotland, is coming of age. It has agreed to buy the Caravan Park, its original home for over 20 years, by November 17, 1983.

This next step will allow the community to build a truly Planetary Village based on spiritual and ecological values, to move towards the vision of a new society which relates to people, the environment and global needs with love, understanding and a sense of wholeness.

For more information about this exciting development, and a brochure detailing the plans and outlining how you can help, please contact one of the Vancouver Friends of Findhorn:

Ricki and Michael Bertrand, **879-3805;** Paula Ford, **263-7656;** Margaret Kruger, **688-5880; VANCOUVER;** Jane Kane, **(112) 826-7143. MISSION.**

CONFERENCES, FESTIVALS, SPECIAL EVENTS

Arica West
202 - 1107 Seymour Street,
Vancouver, B.C. V6B 3M7
Telephone: (604) 682-7474

Arica Trainings at Brentwood College
July 17th to August 13th, 1983

Arica Trainings are the beginning of a profound and continuing process of personal transformation. This summer the Trainings will be made available at **Brentwood College** on **VANCOUVER ISLAND** from **July 17th** through **August 13th** in a format designed to facilitate a rapid transformation in order to match the velocity of our time.

In addition to the Arica Basic, Domains and Advanced Trainings, a Music, Theatre and Dance Workshop will be taught by leaders in these fields from New York and Los Angeles. Other events include a neuro-linguistic weekend with Marilyn Gossen, a weekend to study the evolutionary couple, a Chua K'a Workshop and sufi dancing with Yakzan, a sufi sheikh from Hawaii.

Arica Trainings offer you a guarantee of self-renewal and awareness. For more information contact ARICA WEST at **682-7474.**

PSYCHIC HOLISTIC ESP FAIR

4th Annual
E.S.P. FAIR
VANCOUVER
September 22, 23, 24, 25
Agrodome — P.N.E.
OVER 75 EXHIBITS
(604) 224-6013

PSYCHIC PHENOMENA
HOLISTIC HEALTH
NEW AGE PRODUCTS
HUMAN POTENTIAL
SPIRITUAL GROUPS
TALKS & LECTURES
MOVIE THEATRE
E.S.P. TESTING
WORKSHOPS
& MUCH MORE!

For information on Exhibit space phone **(604) 224-6013. Also,** see E.S.P. FAIR in Psychic Arts and Intuititve Sciences, page

CONFERENCES, FESTIVALS, & SPECIAL EVENTS

DYNAMIC HEALTH & AWARENESS WORKSHOP

Goal: Make yourself the most energetic, wonderfully alive, beautiful, loving, and youthful person you have the potential of becoming. The wonder of life is in you. Find out how the body is a self-healing organism. Begin to be free by learning to listen to your body, mind and soul.

Focus: Explore your potentials by finding out how health is within you, and raise your consciousness by discovering who you really are and what your body needs.

Workshop I:

- Good balanced nutrition
- selection, storage, preparation and availability of foods in B.C.
- Food combining for best assimilation, absorption and classification
- Foods to avoid for optimum health
- Foods for cellular rejuvenation and regeneration
- Regulation of acid-alkaline balance.

Workshop II:

- Causes of diseases, allergies, hypertension, etc.
- Compulsive eating and metabolic disorders: weight control, digestive problems, achieving detoxification, symptoms of detoxification
- fasting and building tissue.

Workshop III:

- Controversial protein and calcium question
- What to expect when you change your diet
- Basic needs of the body for vital health
- Emotional poise
- Love and it's importance in health
- Stress, tension and correct body use
- Exercise, rest, sleep and sunlight
- How to experience self-assured living
- How to experience a new approach to a positive, healthy life

Tuition: $49 — includes three 2-hr workshops.

Workshop I : Monday, September 19, 9:30-11:30 a.m., or 7:30 - 9:30 p.m. **or Tuesday,** September 20, 10:30 a.m. - 12:30 p.m., or 7:30 - 9:30 p.m.

Workshop II: Monday, September 26, 9:30 - 11:30 p.m. or 7:30 - 9:30 p.m. **or Tuesday,** September 27, 10:30 a.m. - 12:30 p.m. or 7:30 - 9:30 p.m.

Workshop III: Monday, October 3, 9:30 - 11:30 a.m. or 7:30 - 9:30 p.m. **or Tuesday,** October 4, 10:30 a.m.- 12:30 p.m. or 7:30 - 9:30 p.m.

Location — To be announced. (one central downtown, and one on the North Shore.)

To register send an $18 deposit at least 10 days before Workshop I to: **Helen P. Ritchie,** 540 Eastcot Rd., **WEST VANCOUVER,** B.C. V7S 1E4. Please indicate if interested in Monday or Tuesday series. For more information call **926-3009.**

Helen P. Ritchie, author of *Physical, Mental & Spiritual Health,* has studied nutrition and total healthful living for 12 years. She is a member of the American Natural Hygiene Society and Iridologists International; has studied with Dr. G. Benesh, Dr. B. Jensen, Dr. H. Shelton, Dr. E. Fewer; has trained at the Canadian Centre for The Alexander Technique and The Feldenkrais Movement; as an educator taught the art of healthful living in California, and in Vancouver through the North Shore Board of Education; has had workshops, study groups and programs on T.V. and radio throughout Canada and parts of the U.S. on nutritional rejuvenation through dietary regimes to allow the body greater self-healing.

Explore a dynamic approach to greater healthful living and register now.

HOLLYHOCK FARM
CORTES ISLAND

A HOLIDAY THAT HEALS: this summer, how about taking a holiday that will soothe the whole body, mind and spirit. Hollyhock Farm, on beautiful Cortes Island, is offering a program of workshops in the Healing and Creative Arts that will enrich your life in a seaside setting you will never forget.

Workshops include: (1) SINGING FOR EVERYONE with Susan Osborn, July 25-29; (2) STORY THEATRE with Donna Bothen, July 25-29; (3) REIKI with Rock Bockner, July 30-August 2; (4) MASSAGE: A LOVING TOUCH, July 30-31, and (5) MASSAGE: HEALING FROM THE HEART, August 1-2, both with Ronski Kosky; (6) THE BODY'S HEALING ENERGIES with Rosalyn Bruyere-Zuspan, August 3-7; (7) MYSTICISM IN EVERYDAY LIFE with Tara Ibbie White, August 8-12; (8) WELLNESS COMMUNITY WORKSHOP with Dr. Rick Ingrasci and Peggy Taylor, August 15-19; and (9) T'AI CHI CH'UAN with Bataan and Jane Faigao, August 22-26.

For brochure and further details, write or call Hollyhock Farm, Box 127 **MANSON'S LANDING,** B.C. V0P 1K0, **(604) 935-6465.**

MENDOCINO SUFI CAMP
July 16-30

In the beautiful redwoods of Northern California — two weeks of personal transformation through the arts with brothers and sisters on the path. This year, July 16-30, the following intensives are offered:

- SPIRITUAL HEALING: towards a personal/planetary state of wellness, with Dervish Healing Order teachers;
- DANCES OF UNIVERSAL PEACE TEACHER TRAINING: a yoga of music and movement — in the name of all sacred paths;
- SUFI ZIKR: Through the Hidden Door: the process of unblocking and unfoldment through Sufi psychology and the arts;
- MUSIC & DANCE: East/West fusion, the mysticism of sound, voice.

Plus each week a full children's camp, retreat opportunity, more. Come either week or both.

For brochure, write MENDOCINO SUFI CAMP, P.O. Box 1066, Dept. V, **SAN RAFAEL,** CA. 94915. **(415) 454-6060.**

PERSONAL POWER is you creating and expresing in reality the magnificent potential that lies within you.

Learn — • How to develop personal power for abundance and success • The universal laws of the mind and how you can use them • Develop your creative and intuitive mind • How to visualize what you want and get it • Your mind can heal you • Knowledge of your own spiritual wisdom.

Mr. James Dino Delano will be in **Vancouver** in July to conduct a **Personal Power Seminar**. You are invited to attend a Free Lecture on the topic Sunday July 3, at 2 p.m. or Monday July 4, at 7:30 p.m. to be held at The Holiday Inn, 711 West Broadway. For further information contact: WHITE SUN PROMOTIONS, 49-15271-99th Ave., **SURREY,** B.C. or phone **585-0707.**

Speakers of international acclaim, along with singers, musicians, and theatre groups from around the world will be featured at the **Ploughshares Coffeehouse for Peace and Justice** this summer at the UBC campus. Come and be involved in this unique opportunity to meet participants in the **World Council of Churches General Assembly** and to learn and discuss the important issues of our day.

Some highlights:

July 25: Opening night, featuring **Adolfo Perez Esquivel,** Nobel prize winning human rights activist from Argentina.

July 26: **Helen Caldicott,** President of Physicians for Social Responsibility, featured in the NFB film *"If You Love This Planet"*, will speak on her current work for nuclear disarmament.

August 4: **Corretta Scott King** of the Martin Luther King Jr. Foundation, will speak on her commitment to working for peace and justice through non-violence.

Also featured will be many others of local and international acclaim.

Dates: July 25 to August 10.

Locations: International House at UBC during the day. The Graduate Student Centre at UBC during the evening.

For more information contact
Project Ploughshares
#104 1955 West 4th Ave.
VANCOUVER, B.C. V6J 1M7
Phone **733-0141**

CONFERENCES, FESTIVALS, & SPECIAL EVENTS

Fourth Annual Powell River Wholistic Healing Gathering at Powell Lake Farm — August 4 thru 8 — Adults $30 — Children under 12, $2.

Includes boat transportation 12 miles up Powell Lake, informal workshops on natural healing, delicious vegetarian meals, organized child care, five days of celebration and opening of the heart.

Wilderness setting requires tents and sleeping bags. Bring 5 days worth of fruit, veggies, etc. for the communal kitchen.

Space is limited. Preregister for the boat ride of your choice and for child care.

For more information, write **Circle of Friends** at 4629 Michigan Ave., **POWELL RIVER,** B.C. V8A 2T1 or call **485-9472.** Healers willing to do workshops are welcome: please contact us in advance.

COMPLETE SEQUENCE OF PROGROFF INTENSIVE JOURNAL WORKSHOPS

LESLY MERRILL, PH.D.

A program of private and group experience that provides an on-going way for you, regardless of age or level of education, to determine your resources, enlarge your capacities, and decide on new directions.

The active instrument of the program is the **Intensive Journal**, a unique, structured workbook developed by Ira Progoff, and designed to generate inner energy and enable you to make life decisions.

Workshops: LIFE CONTEXT — August 27-28; PROCESS MEDITATION — August 29-30; JOURNAL FEEDBACK — August 31 - September 1. $92/one; $146/two; $195/three (Students/Seniors 25% off). Registration UBC, Centre for Cont. Educ., **VANCOUVER, 228-2181, loc. 261.**

Dr. Merrill is a clinical psychologist and an authorized Intensive Journal consultant.

The Vancouver Dromenon (Associates of Jean Houston) invites you to participate in their fourth summer workshop:

THE HERO'S JOURNEY

Using the mythic theme of the Hero's Journey as a metaphor, we will explore the significant life experiences which have shaped our sense of self and our attitudes toward life. We will discover that our unique journey is mirrored in the patterns which emerge in the great myths of humankind. Through experiential exercises we will awaken mental, physical and creative capacities and evoke new directions for ourselves and our world.

August 12-14, 1983; Chancellor Building, U.B.C., **VANCOUVER,** $75. Enrolment limited. For brochure or further information, call Lizanne Fisher **734-3597,** Michael MacNeill **733-7120,** or John and Marilyn McVicar **277-6804;** or write 10891 Hogarth Drive, **RICHMOND,** B.C. V7E 3Z9.

THE SIXTH ANNUAL VANCOUVER FOLK MUSIC FESTIVAL
JULY 15, 16, 17
Jericho Beach Park, Vancouver

Over 130 musicians present the finest in acoustic music, from blues to bluegrass and beyond. Enjoy the traditional music and *nueva cancion* of Latin America, Black music from the U.S.A., a strong representation of women performers and the songs and tunes of the Appalachians, Newfoundland, Eastern Europe and England. Among the firsts are Mardi Gras Indians from New Orleans and a unique gathering of storytellers.

A feast for the ears on five workshop stages Saturday and Sunday and three mainstage evening concerts. The festival once again features international cuisine, an area programmed for children and access for the disabled. Children under 12 and adults over 65 are free.

Save $$$ and purchase weekend tickets in advance. The Early Bird Special is $35 and is available **until June 18** from lower mainland ticket outlets and by mail from the festival office. Mail orders must include $2.50 for registered mailing costs. After June 18 advance weekend tickets are $40; at the festival gate they are $50.

THE VANCOUVER FOLK MUSIC FESTIVAL is a non-profit society. For more information or tickets write: V.F.M.F., 3271 Main St., **VANCOUVER,** B.C. V5V 3M6, **879-2931.**

ALPHA TRUTH AWARENESS

Seminar with the dynamically alive, Verle Minto. Open up the possibilities in your life with this very human and down to earth experiential training. Sept. 18-24 (evening sessions).

Contact Kay Sjogren for free literature or information about seminar in Nanaimo. 539 St. George St. **NANAIMO,** B.C. **754-4306.**

B.C. BICYCLE FESTIVAL

JULY 8 - 10 MAPLE RIDGE FAIRGROUNDS

Highlights: pub run, time trail, family rides, moonlight ride, rough stuff ride, 75-100 km tours, bicycle/canoe adventure, films, games, clinics, bar-b-que, square dance, exhibits, and much more.

Camping or dormitory accommodation.

Register early and in groups for bargains. Contact the BICYCLE ASSOCIATION OF B.C., 1200 Hornby St., **VANCOUVER,** B.C. V6Z 2E2.

Telephone: **669-BIKE.**

OH WORKSHOP

CORTES ISLAND — JULY 2, 3

Learn (more) about OH. Join us at **Hollyhock Farm** for an in-depth exploration of the OH process. Lectures, workshop activity, OH 'games'. Quiet B.C. beachfront setting, good food, friendly atmosphere. Fee: $50; meals and/or lodging extra. Phone Joan Arnold or Ely Raman **(604) 935-6708** for details. (see listing in Tools for Living section.) **CORTES ISLAND,** B.C.

HEAL YOUR BODY

Louise L. Hay, Metaphysical Counsellor and author of *Heal Your Body* (a powerful little book describing mental patterns that create illnesses, and how to dissolve them) is coming to do lectures, private consultations, workshops, on Vancouver Island.

COMOX — July 19 — Maureen Arthur, **339-3674.** 371 David St.

NANAIMO — July 20 — Kay Sjogren, **754-4306,** 539 St. George St.

DUNCAN — July 21 — Shawani Shaw, **746-5155,** 2-147 Kenneth St.

VICTORIA — July 22-24 — Bunny Sjogren, **386-2619,** 505-620 View St.

EFFECTIVE LIVING AND PROSPERITY

AUGUST 13, 1983
with LIONEL FIFIELD

A dynamic and fun-filled day with the founder and coordinator of the Relaxation Centre in Brisbane, Australia and welcome guest speaker at Findhorn.

Workshop by donation. Location TBA. Lunch (by La Chanterelle Catering) $5 by reservation. Phone **688-5880** or **3805** for further information. **VANCOUVER,** B.C.

4TH ANNUAL SRI CHINMOY TRIATHLON

7:30 a.m. July 31, VICTORIA

Course description: One mile swim; 21 mile cycle; and six mile run. Well monitored course. Entry fee-$15. Minimum age, 16. Awards, T-shirts, draw for trip to Hawaii.

For information, call **592-6942** or **592-6211, VICTORIA,** B.C.

TOUCH FOR HEALTH WORKSHOP

AUGUST 26, 27, 28

With information gained through simple muscle tests, Touch For Health will enable you to instantly increase energy, improve posture, alleviate physical and mental tensions using acupuncture without needles.

Certified instructors. For information, call **731-5414.** Enrolment limited. **VANCOUVER.**

WE STILL HAVE A DREAM

Dr. Martin Luther King's famous "I have a dream" address given in 1963 will be honoured by a massive rally for PEACE, JOBS and FREEDOM to be held AUGUST 27-28, 1983, Washington, D.C. This looks to be the largest event of the year. For more information contact: Twentieth Anniversary Mobilization, Suite #219, 1201 16th St. Northwest, Washington, D.C. 20036. **(202) 467-6445.**

CRAFTS

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Wood Carving.

Display your logo, trademark or name in quality handcrafted natural wood signs.

Native softwoods such as:

- **Red Cedar**
- **Cypress (Yellow Cedar)**
- **Pine**

are our specialty.

Samples of our work can be seen in the foyer of Woodlands Restaurant, 2582 West Broadway (carved in **pine**) and at 1632 Robson St. (carved in **yellow cedar**)

For panels, plaques or signs please write:

Imagine Signs, c/o David Roberts, RR #1, **HORNBY ISLAND**, B.C. V0R 1Z0 or phone **335-0823.**

"Imagination is greater than knowledge." (Albert Einstein).

"Imagine all the people living life in peace." John Lennon.

"Imagine the earth healing herself." Everybody

OH BROTHERS

OH BROTHERS is a shop and gallery dedicated to **featuring work by British Columbian artists and craftspeople**. In a world seemingly rushing ever faster towards homogeneity through the increased use of computers, mass communication and production, we feel an object made by hand holds more importance than ever. Therefore, by focusing our attention on individually created pieces by B.C. people we feel this helps to secure and develop the culture that exists here and is uniquely British Columbian.

Pottery, photographs, glass, woodwork, limited edition prints, jewelry and leather by **over 60 of B.C.'s finest professional artists and craftspeople** are to be discovered at OH BROTHERS, 2335 West 41st Ave., Kerrisdale, **VANCOUVER**. Phone **263-2122.**

UNICORN GALLERY

Contemporary B.C.:

- stained glass • pottery
- jewelry • hangings
- art work • handcrafts

Near U.B.C. 4429 West 10th Ave.
VANCOUVER, B.C. **228-8012.**

EDUCATION

aire-brushe emporium ltd.

AIRE-BRUSHE EMPORIUM has committed itself to promoting Airbrush Art. It is a retail store stocking supplies and equipment. It also displays Airbrush renderings of local artists.

At the back of this store, a work area is being constructed for the purpose of **Airbrush workshops in basic techniques, T-shirt painting, photo-retouching, Air-painting on leather and glass.**

This store is run and operated by Henry Smitsdorff.

Hours: Thurs., Fri., Sat. — Noon til 6.

THE AIRE-BRUSHE EMPORIUM, 107 W. Broadway, **VANCOUVER, 876-5502.**

AMPRO Photo WORKSHOPS

Our photo programme has something for the complete beginner in photography, whether learning to print your own photographs in black and white, or colour from slides and negatives. The intermediate level courses present practical assignments for the student to tackle, with analysis and criticism.

All our classes are limited in size for the best possible instruction. Darkroom courses are forty percent practical, so that you may learn from experience, not just theory.

We are a federally and provincially approved education institute for income tax purposes. The tuition portion of the fee is tax-deductible.

Starting dates for courses are June 18-23 and **August 2-6.** AMPRO PHOTO WORKSHOP, 117 W. Broadway, **VANCOUVER**, V5Y 1P4, **876-5501.**

Kirpal Ashram School

Kirpal Ashram School is welcoming new students who are interested in an academic program blended with a spiritual education. The philosophy of this school is to develop the higher self through self-discipline, co-operation, and inspiration. The emphasis is on the joy of learning and harmony with all life.

This school combines a solid accredited curriculum with the universal spiritual teachings from all cultures. This unique learning environment is amidst an inspiring setting of twenty-five secluded acres of forest in Surrey.

"Teachers should train students in the spirit of sympathy and love, blending information with inspiration and knowledge with love. A child is the center of creative life. It needs to be opened as a flower is opened, gently, by sympathy, not by force.

The chief malady of current education is that it results in the dissociation of heart and head. Until our knowledge enables us to imbibe the noble things of life, it has not served its purpose. . .In fact, the real aim of education is to develop the character and individuality of a pupil, his mind, will and soul power. The best knowledge is that which teaches us that the end of knowledge is service."

— Kirpal Singh

Our school is named after *Kirpal Singh*, internationally known and respected by religious and political leaders alike in his capacity as President of the World Fellowship of Religions. Throughout his life, he was an embodiment of love for all, and service to humanity, the principles on which the school was founded.

In New Hampshire an affiliated school established in 1973 has a current enrollment of 90 children in both elementary and high schools. Our school presently offers grades 1 through 6.

For more information contact: **Mrs. Judy Shannon, Principal,** KIRPAL ASHRAM SCHOOL, 14011 Colebrook Rd., **SURREY**, B.C. V3S 4N7, **(604) 594-5557,** or **Darren Perkins, (604) 596-5668** or **596-4528.**

EDUCATION

Established 1926

The Dominion Herbal College was established in 1926 by Dr. Herbert Nowell, N.D., who spent many years compiling and researching this Correspondence Course in Herbology. It has indeed, become a classic.

DHC has graduated men like Jethro Kloss, author of *Back to Eden*, and Bernard Jensen, author of *Iridology* and many other books on Natural Healing. Many of our recent graduates are prominent practitioners of Natural Healing in many countries.

DHC has been under new management since 1968 and the existing course has been upgraded and a practical summer seminar has been added. At the Seminars, an wholistic approach is taken, with the emphasis on **Herbology**. Experienced practitioners demonstrate their ways of preparing herbal mixtures, juices, roots, salves and oils. The students get acquainted with the growing, harvesting and drying of various herbs. Students come from various parts of the world, and their experiences are shared and exchanged with each other.

If you are interested, please write for a brochure, and please mention this publication.

DOMINION HERBAL COLLEGE 7527 Kingsway, **BURNABY**, British Columbia, Canada V3N 3C1.

Selling For People Who Hate Sales

This course defines sales as "Giving people the opportunity to buy what they want." You will get comfortable selling, enjoy selling and learn effective communication strategies for selling based on the NLP model. Here's what people are saying about that model:

"The core — the appeal — of NLP lies in the assertion that. . .(it) can help. . .sales people find the communication key for every prospect." *Training and Development Journal, Dec. 1979.*

"NLP's successful application in the fields such as psychotherapy and business relations has led to a world wide demand for training in these concepts and techniques." *Psychology Today, July 1979.*

Whether you want to market a product, service, or even yourself but don't know how; or you're a seasoned sales person looking for new strategies leading to expanded success, this course is for you.

Take your next step to **success: call** EDEN SEMINARS at **263-0564, VANCOUVER**, B.C. Group size is limited so call now and reserve your place.

The Vancouver
WALDORF SCHOOL

The Vancouver Waldorf School is an accredited independent school which was founded in 1971. We offer pre-school, kindergarten, and grade school. Today, several hundred Waldorf schools operate in countries around the world. The first school was founded in Germany in 1919, and in 1925 the Waldorf approach to education spread to North America. Each year new schools are being founded as they continue to prove their relevance to society as a basis for a modern art of education.

Based on the principles of Austrian philosopher, scientist and educator **Rudolf Steiner**, Waldorf Education is a spiritual dedication to the future well-being of mankind in a universal, non-sectarian way. The curriculum aims to help the children understand the nature of the human being, their relationships to the world and their responsibilities in it, by drawing, in a balanced way, from the humanities, sciences and arts.

Because young children experience through feeling rather than intellect, an artistic approach permeates all curriculum study. In this way, Waldorf Education strives gradually to awaken the intellectual faculties in a harmonious natural manner by bringing to maturity the feelings, imaginative qualities, will forces and social awareness of the children, in response to their needs. Children then are given the opportunity to live fully in their whole being and to grow into adulthood, capable of acting out of themselves with true self-assurance whatever life brings.

To give the right subject at the right time is an important principle of Waldorf Education. The plan of each day and the progression of subject matter through the grades is organized in response to the stages of development of the children. In pre-school and kindergarten we provide an atmosphere where children can play imaginatively and find joy in working together at simple activities. These would include baking, painting, handwork and music to give children rhythm throughout the week. The grade school curriculum includes Nature Study and Science, History and Literature, Foreign Languages, Mathematics, English Language and Literature, Geography, Art, Handicrafts, Gymnastics, Eurythmy and Music.

WALDORF SCHOOL ASSOCIATION of British Columbia, 2725 St. Christopher Road, **NORTH VANCOUVER**, B.C. V7K 2B6 **985-7435.**

LANGUAGE TEACHING AND TRANSLATION

If you remember high-school French as boring and irrelevant, then you have missed an exciting and pleasurable experience. Being able to communicate our thoughts and feelings to others is considered essential, and many people around us do this daily in a language other than their native tongue. Why not you? Bilingualism is becoming increasingly important for Canadians, and achieving fluency is not as difficult as you think.

For individual, group or family lessons in French or Spanish, or for translation services, call: Elizabeth Cass, M.A. (Edinburgh) **734-3730, VANCOUVER,** B.C.

ENERGY & THE ENVIRONMENT

SPEC

SPEC is a non-profit environmental organization formed in 1969 whose purpose is:

- to reduce pollution
- to promote the maintenance of a healthy livable environment for all life
- to conserve energy and non-renewable resources
- to promote proper management in harvesting renewable resources, such as fish and forests
- to join with other ecology groups in promoting the protection of the world ecosystem and the fair distribution of the remaining world resources.

As a community organization, SPEC offers many continuing services:

- Upon request for information, SPEC provides fact sheets and in-depth reports on a wide variety of environmental subjects.
- Speakers and visual aids (slide shows and videotapes) are made available at SPEC for schools, organizations and small groups.
- SPEC participates in public inquiries through the preparation and presentation of documented briefs.

Memberships are $20.00 for adults/families, $10.00 for students/seniors, and $100 for business/organizations. All donations are welcome and are tax-deductible.

SOCIETY PROMOTING ENVIRONMENTAL CONSERVATION, 2150 Maple St., **VANCOUVER** V6J 3T3. Phone **736-SPEC.**

ENERGY & THE ENVIRONMENT

The Solar Energy Society of Canada is the national organization promoting the understanding and application of solar energy in all its forms.

Individuals and companies who are interested in the utilization and understanding of solar energy, or those who desire to further the purposes of the Society, are invited to become members. The Society's range of interests reflects the diversity of its membership which includes lay persons, scientists, engineers, economists, geographers, builders, urban planners, industrialists, politicians, etc.

The Society is a non-profit organization whose activities are supported through tax deductible contributions from its members and supporters.

MEMBERSHIP BENEFITS ($35) include:

- Contact with others associated with renewable energy activities
- SOL — a bimonthly newsletter
- Annual Canadian Solar Directory
- Representations to government
- Reduced rates to conferences, seminars, and publications
- Chapter membership.

Local chapters exist in **VICTORIA** (Contact Dennis Light, **386-7643**), **VANCOUVER** (Contact David Blythe **663-3953** or **689-1841**), **(OKANAGAN** Contact Darrel Bensmiller, **KELOWNA 860-5052).**

For further information, contact your local chapter or our national office.

SOLAR ENERGY SOCIETY OF CANADA INC. 303-870 Cambridge St., **WINNIPEG,** Manitoba R3M 3H5.

A NATURAL PESTICIDE

Garden and household insects die by dehydration when dusted with DIACIDE. Natural diatomaceous earth with up to 0.2% pyrethrin leaves no toxic residues, presenting no measurable hazard to environment or pets. Highly effective on aphids, mites, flies, ants, fleas, cockroaches, wasps, silverfish. Bulk applications for crops, grain storage, dairies. Not sold in stores. Distributorships available.

Phone **879-4425** or **874-6648. VANCOUVER,** B.C.

The Greenpeace Foundation,

Greenpeace, founded in B.C. in 1971, is a direct action environmental pressure group now established in countries around the world. Investigative research provides briefs highlighting problems that allow us to lobby governments and corporations for positive changes. Educational films and lectures in schools encourage the next generation to be more environmentally aware.

Volunteer skills are always welcome, and our Vancouver office has a research library open to the public, as well as merchandise for the casual visitor.

Lifetime Membership: $15. THE GREENPEACE FOUNDATION, 2623 West 4th Avenue, **VANCOUVER,** B.C. V6K 1P8. **736-0321.**

FOOD & RESTAURANTS

AGORA *"meeting place"*, is a member run food co-op, operating a store since 1974. As a co-op, we are based on the principle of serving the needs of our members as they express them.

We stock much of what you find in any large grocery or health-food store, emphasizing good nutrition and reasonable prices.

Each member works two hours per month either in the store or on a committee. One paid employee co-ordinates the daily store activities. Working and shopping together promotes a community atmosphere.

Membership, which includes a one-time share capital investment of $75 per person over 17, is normally required to shop at Agora. However, as in past summers, **Agora will have an open-house policy during June, July and August, allowing anyone to shop.**

Come and check us out.

For further information and membership applications, come to the store at **3307 Dunbar St., VANCOUVER,** B.C. **228-9115.**

CRS Worker's Co-op is a worker-managed business; it is owned and run collectively by all the members who work for it. There are two **CRS** industries in Vancouver; the **CRS Food Wholesaler** and **Uprising Breads Bakery.**

CRS Food Wholesaler is a ware-house which dispenses whole food throughout B.C., the Prairies and the Yukon. We carry about 200 products, mostly in bulk 10kg-25kg case sizes, including nuts, dried fruit, nut butters, baking supplies, rice, seeds, flour, beans, snacks, oils, pastas, granolas, coffee, grain and cheeses.

Orders may be placed by mail or by phone, two days in advance of expected ship-out or pick-up date. Minimum order requirement is $100. *We welcome and encourage buying clubs.*

Uprising Breads Bakery produces a variety of wholesome breads, goodies and pastries for wholesale or retail trade, as well as providing delicious snacks and sandwiches for the lunch-time crowd. Open Mon-Fri, 8:30-5:30 and Sat. 10-4.

Uprising Breads Bakery — 1697 Venables, **VANCOUVER,** B.C. **254-5635; CRS Food Wholesaler** — 1239 Odlum Drive, **VANCOUVER, 251-1585.** Please phone for further information and price lists.

Earthrise Home and Garden Store

EARTHRISE is a new store in Vancouver, at 4111 Macdonald Street. We carry everything you need to grow vegetables organically — all the naturally occurring fertilizers: rock phosphate, bone meal, seed meal, blood meal, kelp meal and our special mix. As well, we have quality garden tools and vegetable seeds especially chosen for our climate, including many overwintering varieties to plant from July on.

For home food preservation, we have all the hard to find kitchenwares to help with drying, preserving and freezing. We have food dehydrators and manual and electric grain grinders also.

EARTHRISE carries many books on gardening, natural foods cooking and home food preservation.

It is our intention to provide a service to our community — bringing together hard-to-find items for self-reliant urban living. The store is new, we welcome your comments and requests.

EARTHRISE HOME AND GARDEN STORE, 4111 Macdonald Street, **VANCOUVER,** B.C. V6L 2P1, **736-8404.** Open Tuesday to Saturday, 9:30 am to 5:30 pm.

store and warehouse

BULK NATURAL FOODS

This friendly market on **northern Vancouver Island** is run by a worker's collective. Stressing organic and bulk products, we have a full range of cheeses, produce, dairy, dried foods, vitamins, and non-food items.

This summer, as always, we feature ORGANIC FRUIT. Starting with cherries and blueberries, we also have apricots, peaches, plums, raspberries, pears and apples. We personally visit our orchardists in the Okanagan and Fraser Valleys to insure top quality. Pre-orders are accepted on this delicious and vital food.

We have the best prices on the Island. Wholesale and retail. **Located 8 miles north of Courtenay.** NEW SUMMER HOURS: Mon. - Sat. 10-6, Thurs. til 7. Until September 30. Call us at **337-8464** or write EDIBLE ISLAND WAREHOUSE, **MERVILLE,** B.C. V0R 2M0.

FOOD & RESTAURANTS

the excellent EATERY

3431 - W. BROADWAY
738-5298
FULLY LICENCED

THE EATERY is a tastefully unique, fully licensed restaurant on Broadway, not far East of Alma.

Linda's background as a professional environmental planner contributed to the warm, homey environment.

Shawn's many years of solo sailing virtually the whole Northern hemisphere brought out skills and menu ideas which are unique to the somewhat eclectic eatery.

Together Shawn's and Linda's complimentary attributes have created a fine restaurant.

The menu is very extensive, and caters to a wide variety of tastes, including vegetarian. Feasts and parties are custom created as you wish.

THE EATERY is open for Breakfast, Brunch, Lunch and Dinner, and of course, has cappuccino, etc., for the hours between.

Drop by anytime, and treat yourself. **3431 W. Broadway, VANCOUVER, 738-5298.**

FAMOUS FOODS

For Better BAKING

For over 50 years FAMOUS FOODS has been supplying Vancouver with high quality bulk foods and spices at the lowest possible prices.

We package over 500 quality natural food products, herbs and spices and stock over 2,000 different items ranging from specialty foods, cheeses, special diet items, and basic grocery items all at the lowest possible prices available.

We also stock large quantity packages ideal for institutional or special service use.

While other stores try to imitate, and the supermarkets are now coming out with the new concept bulk food packaging, FAMOUS FOODS after 50 years continues to offer the best alternative in a proven concept of food purchasing of natural foods.

Come on in, compare and visit our **new location effective July 1, 1983, at 1595 Kingsway** (at 25th Avenue) **VANCOUVER. 872-3019.**

Folklore

Herb & Spice Company Ltd.

Specialists in botanical products, spices, teas and health foods. 1 oz. to 100 lbs. We both wholesale and retail all across Canada.

We carry 120 spice selections, 75 medicinal and pleasure herbal teas, over 15 black teas, 20 flavoured teas (such as pineapple), and well over 400 medicinal herbs.

We offer several health food lines, vitamins, books, potpourri ingredients such as lavender, rosebuds and more than 40 essential oils.

Unusual items such as the Bach Flower remedies, fluid extracts, tinctures and gelatin capsules can be found in our shop.

We offer volume discounts and mail order service.

Sanctuary Seeds provides over 200 vegetable, culinary and medicinal seeds. Write for a free catalogue.

FOLKLORE HERB COMPANY, 2388 West 4th Ave., **VANCOUVER,** B.C. V6K 1P1. **(604) 733-4724.**

GOLDEN BOUGH •Herbs•

GOLDEN BOUGH, Canadian pioneer in the sale and distribution of quality domestic and imported herbs, spices and herbal teas, is pleased to announce the introduction of our new line of **individually packaged Herb and Spice products** soon to be available in Natural Food Stores throughout Canada.

Over the years we at GOLDEN BOUGH have had the fortunate opportunity to assist in providing for the total bulk herbal needs of Canadian consumers and retailers and in the process have earned a national reputation for quality selection, reliable service, and fair and reasonable prices.

In our offering of these new lines of individually packaged herbal products we are confident that these same high levels of service, fairness and quality will be maintained.

Thank you all for your kind support and patronage over the years. **Barbara** and **Jim Gaetz.**

GOLDEN BOUGH HERB CO. LTD., 212 Mackay Ave., **NORTH VANCOUVER,** B.C., **980-9127.**

Please feel free to write or phone for our complete product listings. Wholesale only.

Good Morning Dairy Bar

1833 West 4th Avenue
At Burrard
Vancouver, B.C.

We have **Goat's Milk, Goat's Ice Cream, Soy Kream,** and a delicious sandwich delicatessen with rich healthy milkshakes!

So if you want yogurt for your lunch bucket, cheese for that special quiche, or a natural honey ice cream cone —Come On In to Good Morning Dairy!

We're open late, seven days a week.

To order case lots or bulk, call **733-3510. VANCOUVER,** B.C.

The Garden

HEALTH FOODS
Natural Foods, Bulk Foods, Books
Vitamins, Cosmetics

THE WEST END'S NEWEST
NATURAL FOOD STORE

WELCOME TO THE GARDEN! A delightful atmosphere to shop in a garden setting for a variety of luscious natural foods from bulk grains, legumes, nuts, dried fruits and natural candies to over 100 bulk herbs, spices and teas.

Try our maple syrup from Quebec, low caffeine, organic coffee from Mexico, fresh dairy products and organic juices.

Choose vitamins and supplements from a large selection of the best available brands. Many natural cosmetics and hair products are in stock. We will special order whenever possible.

Browse our book selection with tips from the manager: Jeanne-Marie Martin, author of *For the Love of Food — The Complete Natural Food Cookbook*. Jeanne-Marie has over 12 years experience in the health field.

Hours: 10-6 pm, Monday through Friday, 10-5:30 pm, Saturday. 1204 Davie St., **VANCOUVER,** B.C., **688-4325.**

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the granary

3448 Cambie next to the Park Theatre 876-2833

Granville Island Public Market 681-6426

A large selection of natural foods in bulk for all your cooking and baking needs: granolas, whole wheat pastas, rice, whole grains, flours, dried fruits, nuts, seeds and beans.

Lots of recipe ideas, cooking charts and product information sheets. For quantity buying, sack or case lots, visit our warehouse store on Cambie.

Our Cambie store also has Denman Island tofu, free-range eggs, sprouts, cheeses, and vegetables.

GRANVILLE ISLAND MARKET hours are 9 a.m. to 6 p.m., Tuesday through Sunday. GRANARY TOO on Cambie is open 9 a.m. to 7 p.m. Monday through Saturday. **VANCOUVER,** B.C.

We always try to be helpful.

FOOD

HEAVEN & EARTH Curry house

The bottom of the sea to the signs of the universe are well depicted in this cozy and popular place which offers a unique adventure in Indian cuisine. Authentic dishes typical of the regions of South and North India are served to perfection. A combination of subdued lighting, dark wooden beams invite you to stay longer than you planned.

Most people refer to *Curry* as if these were only one dish instead of hundreds. The true art of Indian cooking is in the subtle use and variation of spices.

For the last seven years, HEAVEN AND EARTH has served the most superb curry in town. HEAVEN AND EARTH offers 12 vegetable dishes, daily specials, a complete vegetarian dinner for $6.95, non-vegetarian for $7.95, both served with rice pillau, chapatis, papadum and assorted chutneys.

Open daily at 5 p.m. Located in **VANCOUVER** at 1754 West 4th Ave., near Burrard St. For reservations, call **732-5313.**

ISADORA'S

CO-OP RESTAURANT
GRANVILLE ISLAND, 1540 OLD BRIDGE STREET
VANCOUVER, B.C. V6H 3S6 PHONE 681-3748

ISADORA'S CO-OP RESTAURANT is a family restaurant with a difference! It is community owned (now over 1500 shares sold), providing nutritious, good tasting food at affordable prices.

ISADORA'S is **located on Granville Island**, next to the Waterfront Theatre.

Our services include:

- a menu featuring foods from our Bio-region, and other foods of the Pacific Rim;
- catering in-house;
- take-out next to the water play park on Granville Island;

Open 7:30 a.m. to midnight, Mon. to Thurs.; 7:30 a.m. to 1 a.m. on Friday and Saturday; 7:30 a.m. to 11 p.m. on Sunday.

- licensed premises; many delightful non-alcoholic drinks served as well.

Bring your family to Breakfast, Lunch or Dinner.

And best of all, we have the happiest staff of all. We have profit sharing.

For good food, late night entertainment and a relaxed atmosphere, try us at ISADORA's. Reservations for parties of six or more. **681-3748, VANCOUVER.**

WHEATGRASS JUICERS

JOIN THE GREEN REVOLUTION!

Enjoy the vibrant health and healing benefits of fresh natural liquid chlorophyll in your own home. Manual & Custom made electric wheatgrass juicers now available locally. They feature quality cast iron construction and *heavy duty* Canadian General Electric motors. Warranty on all parts, with future local follow-up service and maintenance available.

"Chlorophyll will be the principal protein for the coming light-bearing age. It contains synthesized sunshine, plus the electric current necessary for revitalization of the body and will open areas of the brain that man yet knows nothing about." (Dr. Ann Wigmore).

"When this green is taken into our body, the results have been short of miraculous." (Dr. Bernard Jensen).

Special Introductory Prices:

- Manual Juicer - $74.95
- Custom Made Motor - $225 (All manual juicers can be converted to fit electric motor.)
- Combination Motorized Version - $279 (Manual and motorized unit).

Call **291-8314,** SUNLIGHT CO., 14026 Trites Rd., **SURREY**, B.C. V3W 1A9.

Special retailer & institutional price schedules available upon request.

KINGSWOOD COTTAGE

KINGSWOOD COTTAGE

We are a new store in the Dunbar area and we look forward to serving all your **Natural Product** needs.

To introduce ourselves, we will be having a 20% Summer Sale. Each week, from June to September, we will offer a complete line of products such as nuts, vitamins or cosmetics at 20% savings.

We hope to see you soon.

OPEN: **Monday - Saturday,** 10 a.m. - 5:30 p.m.

Located at **4235 Dunbar Street,** just south of 26th Avenue, **VANCOUVER. 224-7911.**

La Chanterelle

688-5880

CATERING
CONSULTING
COOKING CLASSES

Specializing in fresh, beautiful food for Celebrations, Gatherings, Seminars and Workshops. Have recently catered for Twin Rainbows Housing Co-op, Manhattan Housing Co-op, Friends of Findhorn, *Common Ground*, and the 1983 B.C. Regional Lesbian Conference.

COOKING CLASSES in Buffet Entertaining, French Country Cooking and Cooking as Meditation.

A special weekend seminar, *'Nurturing the Body and Soul'*, will be held on **GALIANO ISLAND** July 1st weekend. This will feature cooking classes, films, lectures, meditation and dinner at "La Berengerie". The island is peaceful and the company will be delightful. Call Margaret Kruger **688-5880** for further details. **VANCOUVER.**

Lifestream

NATURAL FOOD STORES

Where can you buy. . .

Fresh organic produce: over 100 competively priced bulk goods: all major natural food grocery products: a comprehensive line of dairy products from the cow, goat and soybean: every leading branch of natural cosmetics in North America: an extensive library of natural food cookery and reference books: 100 different bulk herbs: nine major lines of vitamins and supplements: biodegradable cleaners and white paper products: over 30 literary, health and news magazines.

Where Else!

LIFESTREAM NATURAL FOOD STORES. **2582 West Broadway** — Manager, Michael Collens; **1813 West 4th Ave.** — Manager, Michael Tyner. Open 10:00-8:00 Monday-Friday, 10-6:30 Saturday, 11:00-6:00 Sunday. **VANCOUVER.**

SHIN • MEI • DO MISO

Makers of Fine Natural Miso

A brown savory paste used for flavouring other foods, **miso** has been a tradition in Japan for over 1,000 years. Miso is made from soybeans, rice or barley, salt and water, and fermented for a period of up to two years.

Its almost meaty savoriness adds delicious flavour to an unlimited variety of foods — from appetizers to soups, salads and entrees. Miso is a source of high quality protein and contains Vitamin B12. **Shin-Mei-Do Miso** marks the rebirth of the traditional craft of miso making. We make our miso right here on Denman Island, using the best, fresh ingredients and old-fashioned, time-tested techniques. **Shin-Mei-Do Miso** is unpasteurized to insure the vitality of its beneficial bacteria, and contains no chemicals or preservatives.

Available at natural foods stores. Distributed by CRS, PSC, and Edible Island Worker's Co-ops. Yoshi and Lulu Yoshihara, Wren Road, **DENMAN ISLAND,** B.C. V0R 1T0. **335-0253.**

FOOD & RESTAURANTS

Sorry's Superb Sprouts

Sorry's Superb Sprouts.

Making and selling sprouts is a dream I had for six years, ever since I saw the plans for the nicest automatic sprouter. Now I grow Mung, Aduki, Lentil, and Black Bean sprouts.

I put off starting my operation 'til I finally read under Technology (Tools), *Whole Earth Catalogue*, "Your mind can't expand on a subject until you have the tools" (sprout cabinet). I also have eight, great sprouted grain product ideas. I think those ideas came out of finishing my cabinets.

Do you need a mountain of sprouts for a new food product you're dreaming of inventing? My sprouts are at Wild West, Lifestream, and The Naam, and are fresh twice weekly. (*Sorry* is an old Kitsilano name I was given.) Enjoy! **David Sorry, 731-4087. VANCOUVER,** B.C.

Sweet Cherubim

The people of **Sweet Cherubim** are dedicated toward providing good, wholesome natural foods at reasonable prices. Nutritious foods that are beneficial to our physical, mental and spiritual well-being, and are free from all chemical preservatives and artificial additives.

Sweet Cherubim has tried to bring back some of the natural goodness that foods used to have by:

- Starting our own natural foods bakery where we daily produce fresh, nutritious and scrumptuous breads, muffins, candies, cakes, pies, nut butters and other heavenly delights for your eating pleasure;
- Developing a unique natural foods restaurant where the emphasis is upon economy, nutrition and good taste;
- Providing a select line of quality natural food products from all over the world.

MORE HEAVENLY FOOD AT DOWN TO EARTH PRICES

Please visit our **bulk foods section** in both of our stores, especially designed for your convenience. We feature OVER 100 DIFFERENT VARIETIES of tasty and nutritious nuts, seeds, dried fruits, nut butters, honey-sweetened jams, granola, candies and other natural delights.

WE SERVE YOU. BUY AS LITTLE OR AS MUCH AS YOU NEED.

Two locations to serve you:
3629 West Broadway (at Alma) **731-3022. VANCOUVER.**
4242 Main Street (at 27th Ave.) **875-6255. VANCOUVER.**

WILD WEST WAREHOUSE

This leek is an organic leek, from WILD WEST ORGANIC HARVEST CO-OPERATIVE, the largest distributor of organically grown produce in all of Canada.

Organically grown crops are grown without the use of petrochemical fertilizers, pesticides, herbicides, or growth regulators, and are grown in a healthy, well-nourished soil.

We also sell organically grown dried fruits and nuts, natural juices, Frozen Buddha Soy Dessert, Nancy's Yogurt and Kefir, Jersey Farms Yogurt, Organic Coffee-Cafe Altura, Sooke Tofu, Mochi and some baked goods.

Bulk Buying at : WILD WEST WAREHOUSE, 1275 East 6th Ave., **VANCOUVER.** Call **873-4588** for details.

Retail Stores that have a large organic produce section:

WILD WEST STORE, Granville Island Market, **VANCOUVER, 685-6639.**

MOUNTAINSIDE NATURAL FOODS, 152 West 3rd, **NORTH VANCOUVER, 988-6255.**

CERTIFIED ORGANIC

WILD WEST at the Granville Island Market

Just as the three kings of the Orient brought frankincense and myrrh, the three of us at Wild West bring you the best: **tropical juices** from the Far West, **macrobiotic** foods from Japan, *organic coffee* from Mexico, **maple syrup** from Quebec, organic **tortilla chips** from Wisconsin and natural **picante sauce** from Texas, **Kettle Chips** from Oregon, **tofu** from Vancouver Island; **felafel, humus, tabouly** and whole wheat **pita bread** from the Middle East, **rennetless cheeses** made with raw milk from Ontario, local crunchy **nutbutters, soy & dairy** products, **breads** from various **local bakeries.**

And above all our certified organic fruits and vegetables.

Come and meet **Susan, Carmen,** and **Myriam** who are always ready to give helpful hints on what to do at dinner time when inspiration has run out. . .

Our store is open Tuesday to Sunday from 9 a.m. till 6 p.m. Our location is 1625 Johnston St. at the **Granville Island Market.** Our phone number is **685-6639. VANCOUVER.**

WOODLANDS

Third Location NOW OPEN at 1632 Robson St.

WOODLANDS NATURAL FOOD RESTAURANTS offer the community the finest in natural, gourmet vegetarian cuisine at very reasonable prices.

WOODLANDS is daily a common ground for those wishing to relax and enjoy good food in a peaceful clean environment with gentle classical and instrumental music in the background.

WOODLANDS on Broadway and Robson St. feature an ALL YOU CAN EAT BUFFET & SALAD BAR seven nights a week plus an extensive a la carte menu. All foods are **Satvic** vegetarian and contain no meat, fish, fowl or eggs. You'd be surprised how good they taste and make you feel.

WOODLANDS Natural Food Restaurant, 2582 West Broadway (at Trafalgar), upstairs, **VANCOUVER, 733-5411.**

WOODLANDS INN (Self-serve cafeteria style), 1813 West 4th Avenue (behind Lifestream's Natural Food Store), **VANCOUVER. 733-5528.**

WOODLANDS, 1632 Robson St., **VANCOUVER, 688-3738.**

WE CATER FOR WEDDINGS, YOGA GROUPS, MEDICAL SEMINARS, etc.

BIO-DYNAMIC LITERATURE

Books on Bio-Dynamic farming/gardening based on the indications by Rudolf Steiner are in stock; also the Kimberton Agricultural (seeding/planting/harvesting) Calendar.

Request price list or order literature from NORTH-WEST BIO-DYNAMIC AGRICULTURE SOCIETY, P.O. Box 97, **CHILLIWACK,** B.C. V2P 6H7. **858-6276.**

BRAESIDE HEALTH FOODS

Complete selection of vitamins and minerals; organic fruits and vegetables; top quality honey; organic juices; local, fresh bakery products; books and appliances (yogurt makers and juicers). All this and more are to be found at one of Victoria's oldest health food stores. 1111 Fort St., **VICTORIA,** B.C. **382-5822.**

CITY FARMER — Canada's Office of Urban Agriculture

If you're tired of buying food then join City Farmer and learn how to grow your own. Our research library, information booklets, 1983 calendar, courses, and demonstration food garden can help you become a city farmer. Call us about our Organic Vegetable Garden classes. #801-318 Homer Street, **VANCOUVER,** B.C., V6B 2V3. **685-5832.**

CROFT WOODRUFF
NUTRITION SPECIALIST

Twelve years of study and continuing research of nutrition. Noted writer, lecturer, and talk show guest on various nutrition and environmental health issues.

CROFT'S HEALTH PRODUCTS, 6252 Fraser St., **324-2121** for appointment. Tuesday through Saturday, 10 a.m. to 6 p.m., **VANCOUVER,** B.C.

FOOD & RESTAURANTS

EAST END FOOD CO-OP
IT'S YOURS TO SHARE

East End Storefront Co-Op provides one-stop shopping on a wide selection of grocery and household supplies including bulk grains, nuts, beans and dried fruit; cheese; canned and packaged goods, fresh produce (organic too); dairy and frozen foods. Our prices match or beat other stores on most items; special savings on case lots.

People interested are invited to "guest-shop" at the store. No work requirement.

Hours: 2-7:30 p.m., Tuesday to Friday, 10:30 a.m. - 5:30 p.m., Saturday and Sunday. 1806 Victoria Drive (at 2nd Ave.) **VANCOUVER,** B.C. Phone: **254-5044.**

THE EGG SHOP
4410 W. 10th AVENUE

Organic produce, natural food and vegetarian baking are only the beginning of a long list of tantalizing products available here.

Located along busy West 10th Ave., near Wreck Beach and U.B.C., THE EGG SHOP is open to serve you Monday through Saturday, 10 a.m. to 6:30 p.m. **224-7611, VANCOUVER,** B.C.

GWEN'S HEALTH FOODS & LIGHT MEALS

We have been operating for 11 years. It isn't a posh establishment; it is a small country restaurant and store — cows and horses graze nearby — a friendly place where good food is enjoyed.

Gwen's specialties are the soyburger, rich homemade soup and delicious soy ice kream. We are at 6002 West Saanich Rd., approximately 2 miles south of Butchart Gardens. **(604) 652-3132, VICTORIA,** B.C.

HEALTHWAY NATURAL FOODS

Well established West End business. Corner of Robson and Denman. Two blocks from Stanley Park.

• Carrot Juice Pressed Fresh • Protein Drinks • Cosmetics & Soaps • Aloe Vera Products • Herb Teas • Quality Vitamins • Fresh Juices

"HEALTH IS WEALTH"

805 Denman St., **VANCOUVER,** V6G 2L7. **684-4911.**

O.K. FRUIT
DISTRIBUTOR OF NATURAL FOOD PRODUCTS

Manufacturers and distributors of *Apple Blossom* fresh apple juice and *Raspberry Blossom* fresh raspberry juice. Juices are organic in season.

We will custom press your fruit. And distribute Thistledown soy bean products.

For phone orders in Vancouver, **669-6500, pager 220.** Box 577, **OLIVER,** B.C.

VALLEY NATURAL HEALTH PRODUCTS

Come see our new bulk foods section, and enjoy our delicious lunch bar. Other features include:

- vitamin supplements
- juicers & appliances
- lending library
- tonics — herbs
- natural cosmetics
- book department

SERVICE IS OUR BUSINESS

20425 Douglas Cresc., **LANGLEY,** B.C. **534-2512.**

ORGANICALLY GROWN FRUIT

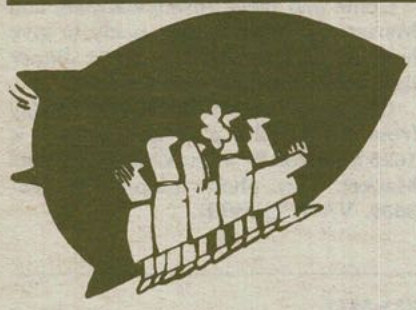
We sell cherries, peaches, pears, McIntosch and Red Delicious apples.

No toxic sprays or chemical fertilizers. Come and see how our orchard grows. Brian and Jane Pekrul, Okanagan Centre Rd., S.7.C.9, **WINFIELD,** B.C. V0H 2C0. **(604) 766-3037.**

PLANT BREEDER'S RIGHTS
VITAL ISSUE FOR ALL WHO EAT FOOD

Plant patenting legislation must be fought! It attracts multi-national agri-chemical companies with promise of profits from royalties, upping seed prices to farmers and ultimately cost of food to the consumer! Info: **590-6493,** or write Alan, 12277-58th Ave., **SURREY,** B.C. V3W 1L4.

GLOBAL & SOCIAL CHANGE



CANADIAN COALITION FOR NUCLEAR RESPONSIBILITY

The past decade has seen a new blomming of opposition to nuclear power and weapons. People have stopped listening to industry and government "experts". They have checked the facts for themselves. They have discovered they were lied to — about the dangers of fallout and nuclear power plants, and the "need" for ever more nuclear weapons. They have attended uranium mining licensing hearings and found them hopelessly corrupt, run by the very bureaucrats who are promoting nuclear power.

As people have become informed, they have grown angry at the betrayal of their trust. In communities across the country, in groups of tens and hundreds and thousands, they are organizing. They will not permit more dollars and lives to be wasted on a nuclear technology which benefits only a powerful few; and threatens us all.

Historically, groups opposing **nuclear power and nuclear weapons** have often been separate. In the past few years, however, people in both movements have begun to coordinate efforts, as we realize how closely these problems —and their solutions — are linked.

Come to our meetings on the first Tuesday of every month at SPEC, 2150 Maple St., 7:30 p.m. For further information call **687-6510, 988-4346** or **734-8915.**

Get informed: C.C.N.R., 2148 Cornwall Avenue, **VANCOUVER,** B.C. V6K 1B4.

Membership: $15 annually.

Distributors of *No Nukes Newsletter, Nuclear Free Press,* books, literature and videotapes. Also speakers available for meetings (in English or French).

In January 1983, Julie Belmas, Jerry Hannah, Ann Hansen, Doug Stewart and Brent Taylor were arrested and charged with firebombing Red Hot Video outlets, bombing a B.C. Hydro sub-station, conspiring to damage an Air Force Base slated for Cruise Missile testing, and other related offenses.

Free the Five Support Committee are people concerned with political and legal aspects of this case, and the implications for all politically active individuals and groups in Canada. We encourage people to join us in support and defense work, and to contact us for information about the case. Money for the Defense Fund is also urgently requested.

Free the Five, Drawer CG, Box 48296, Bentall Station, **VANCOUVER,** B.C. V7X 1A1.

GREATER VANCOUVER INFORMATION & REFERRAL SERVICE

A non-profit society funded by the City of Vancouver, Ministry of Human Resources (Prov. Govt.) and United Way.

Telephone enquiry service provides link to community resources in the Lower Mainland through the continuously updated **Community Information Index (CINDEX).**

Publishes annually the **Directory of Services for Greater Vancouver (The "Red Book")** available for use at most public libraries. May be purchased at GVIRS (price $23.50).

Provides **computer services** to other community agencies and organizations.

For details, call **736-3661.**

GREATER VANCOUVER INFORMATION & REFERRAL SERVICE (G.V.I.R.S.)
#105 - 1956 West Broadway, **VANCOUVER,** B.C. V6J 1Z2.

GLOBAL & SOCIAL CHANGE

K.I.N.D.

K.I.N.D. is a non-profit society with 11 years experience providing homemaking, handyman and transportation services to seniors and the disabled in Point Grey, Dunbar, Kitsilano, Kerrisdale, Fairview, Mt. Pleasant, Little Mountain and the West End. Our solid foundation of community involvement has enabled us to expand into service for families.

Homemaker Services

• Child care. Household management and organization • Assistance with budgeting and financial management • Personal care - bathing, grooming, assistance with the activities of daily living • Stress management and companionship • Cleaning, laundry and shopping.

Handyman Services

• Minor home repairs (i.e., carpentry, plumbing and electrical) • Necessary painting • Grass cutting, hedge-trimming and pruning, refuse removal • Window and wall-washing • Packing and assistance with moving.

K.I.N.D. provides support and assistance to those people who, through age, disability or circumstance are having difficulty in maintaining their home environment. Although most of our clients are referred to us by the Health Department, we also receive referrals from the Ministry of Human Resources, Veteran Affairs and I.C.B.C. The handyman department is currently assisting clients under the Community Recovery Program and is looking forward to continuing service under various sponsors.

For more information call: **733-4144, VANCOUVER,** B.C.

VANCOUVER WORLD CITIZENS COOPERATIVE

On August 6, 38 A.B. (1983) the V.W.C.C. will be formally established. This Cooperative will affiliate with every international society and organization presently working toward a shared planetary culture. Just a few examples: WFC (Ottawa), IRWC (Paris, New Delhi, Lome (Togo), Tokyo, etc.), WCA (San Francisco), FOE (London), IWO (New York).

The Vancouver Cooperative will function primarily as an information centre, and will support local and regional ethnic, peace, and environmental groups. Understandably, these will be viewed from a global perspective.

If you sense your **first** loyalty and allegiance is to all the Earth's peoples, and you want to help establish the Cooperative, phone Herb Gilbert at **228-0432** (3765 West Third Ave. **VANCOUVER,** B.C. V6R 1M2)

Build trust first, disarmament will follow.

HEALTH, HEALING, & BODYWORK

Aromatherapy
Margaret Kruger

AROMATHERAPY — The healing and beautifying properties of the essential oils of flowers and herbs. (*"The art of aromatherapy"* — Tisserand).

The treatment is given in our meditation and healing room in a calm, relaxing atmosphere with gentle taped music. The session lasts 1½ hours beginning with an attunement between practitioner and client, and consists of an aromatherapy massage (Shiatsu and effleurage) with emphasis on the feet and head, and a full facial complete with herbal steaming and floral face lotions.

Towards the end of the session, as the client drifts off with soothing pads on his/her eyes, my partner, Leagh, plays his bamboo flute. The session concludes with the partaking of a hot cup of herbal tea. Gift certificates are available.

For further information. Call **688-5880. VANCOUVER,** B.C.

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research
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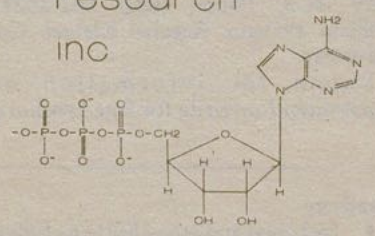


How much are you absorbing from the supplements you take?

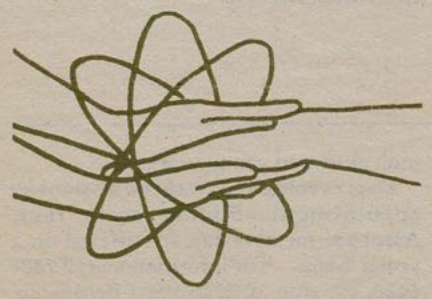
Most people take their vitamins and minerals in a de-natured form. That is, it is a free state molecule stripped of all the factors which nature, in its wisdom, always supplies in the foods we eat. These factors include phosphoproteins, phospholipids, glycoproteins, lipoproteins, essential fatty acids, carbohydrates, nucleic acids, bioflavonoids, enzymes, and many other factors which ALWAYS occur in foods that we eat.

These naturally occuring factors transport the vitamins and minerals into the body for best utilization and assimilation — just as nature intended it. Without these, the vitamins and minerals you take have to search for them — a hit and miss proposition at best which means a loss of nutrients and a waste of money.

Ask if the supplements you take contain these factors. Don't be surprised if they don't. We at BioActiv RESEARCH are licenced to market, for the first time in Canada, a complete line of **Re-Natured** vitamin and mineral supplements which have not been stripped of these important factors. They are all there in their entirety, organically bound with yeast.

We also market NaPCA, the natural moisturizing ingredient found in human skin, Polysorbate 80, BHT, and other hard to find nutrients.

For more information on our products and how you can obtain them, write or call us at: ATP BioActiv RESEARCH INC., #7-2066 W. 3rd Ave., **VANCOUVER,** B.C. **734-5590.**



B.C. ASSOCIATION OF POLARITY THERAPISTS

POLARITY THERAPY works like acu-puncture and feels like a good massage. It's healing for your body and calming for your mind.

Polarity grew from the seeds of many ancient and modern healing arts to become a simple, powerful science of health maintenance.

During your polarity session your therapist uses hand contact to "polarize" life energy between positive and negative reflex pressure points. This makes your whole body tingle with relaxation and energy.

You will also receive tailored recommendations about how to make attitude, exercise and diet contribute to your health. This information will allow you to expand the relaxed, healthy state created by the hands-on approach.

If you want to improve or maintain your health, polarity produces the lasting results you want.

Pamper Yourself. Have a private polarity session. You deserve one. You're ready.

Call a member of the B.C. Association of Polarity Therapists to arrange an appointment.

Coquitlam:
Lilian Stefiuk **939-5292**
East Vancouver:
Don Spence **874-1839**
Kitsilano
Doug Courtright **731-5617**
Sherrill Craig **733-1706**
Tamar Ishaky **734-9719**
Mission:
Barry Blake **462-9867**
North Vancouver:
Paul Dozier **985-0741**
South Vancouver:
Stephen Taylor **324-6979**

Could Your Hands Heal?

For information about learning how to do this simple healing art on a basic or professional level, call Eden Seminars: **263-0564. VANCOUVER,** B.C.

HEALTH, HEALING, & BODYWORK

The **Canadian Holistic Healing Association** invites you to its **Tuesday Evening Open House Speaker Series** at 7:30 p.m. at **The Vancouver Health Enhancement Centre,** 2021 Columbia St. Phone: **876-5955.** $3.50 at the door; $2.50 CHHA members and seniors.

TUESDAYS IN JUNE
PSYCHOTHERAPY

June 21 — Lorraine Milardo, (reg. psychologist) **Exploring the Mind.**

June 28 - Wendy Barrett, (physiotherapist), **Exploring the Heterosexual Imperative**

TUESDAYS IN JULY
HOLISTIC LIFE AND WOMEN

July 5 — Corinna Brandl, (reg. psychologist), **A New Look at Female Strength — Women and Assertiveness**

July 12 — Joan McIntyre, M.A., **Why Holistic Health?**

July 19 — Beverly Spring, M.D., **Women, Medicine and the Middle Way**

July 26 — Guru Raj Kaur Khalsa, Director, 3HO, Vancouver, **Yoga For Women**

WORKSHOPS TO NOTE: **Rolling Thunder,** Native American Elder & Spiritual Teacher. A Day-Long Seminar on July 23. Balance of natural forces with mankind.

August 27-28 plus a 21-day support group. **Ultimate Vision,™ Vision Fitness** workshop with Rocky Kaplan, M.Ed. A holistic approach which allows you to significantly reduce your dependency on eyeglasses and/or contact lenses. $135 U.S. Advance registration required. 876-5955. **VANCOUVER,** B.C.

YVETTE EASTMAN METHOD OF REFLEXOLOGY

REFLEXOLOGY is used to reduce tension and restore the body's natural rhythm by ensuring that the 'energy paths' of the body are unobstructed. The relaxed state which reflexology induces is brought about by applying a compression technique to reflex or pressure points in the feet or hands which produces a response (reflex) in the corresponding organs of the body. Circulation is stimulated, tension is reduced and health, in general, improves.

The Canadian Institute of Reflexology is both a centre for the study of Reflexology and a place to obtain a relaxing session. Muscle-testing and balancing is also available. Sittings are performed by **Yvette Eastman,** founder and director of the Yvette Eastman Method of Refloxology Ltd., who has her practice on the premises. Yvette is your seminar and workshop instructor.

Certification seminars: October and May.

For information regarding seminars or reflexologists in your area contact: **Yvette Eastman Method of Reflexology Ltd.,** CANADIAN INSTITUTE OF REFLEXOLOGY, 49 Queens Street, **PORT MOODY,** B.C. V3H 2N3. Phone: **(604) 936-3227.**

Like this small boy, we too, decided to investigate and take a look at the details, but what we found was not as pleasing.

When a nutritionally-oriented M.D. lost his license to practise medicine two years ago, a handful of us stood shyly behind our pickets in protest. We felt that there were other approaches to health care besides the use of drugs, and why should drug therapy have control of the market?

The details are: drug therapy, to the exclusion of the healing arts, will continue to reign as long as we, the public, allow it to. Today, we do not deny the value of protests made by picketing; but we have found that this is only one way of making our voices heard. Now we, the COALITION FOR ALTERNATIVE THERAPY are submitting briefs, appearing on T.V., organizing conventions, publishing the quarterly publication called OPTION, and generally speaking on behalf of alternative practitioners everywhere.

Please join today and help us take a good look at the fine print. We are happy to receive your $10 membership fee at: #172-1133 Pipeline Rd., **PORT COQUITLAM,** B.C. V3B 4R8.

Inquiries: Inez Birtch **941-7440.**

Divine Love Centre

for Nourishment Counselling and Educational Services

The DIVINE LOVE CENTRE offers a wholistic approach to living through spiritual clarity, emotional honesty, and physical harmony.

We provide intelligent and practical counselling to individuals and families who are seeking a safe, effective path to healthful living. Our beautiful, spacious centre is located close to parks and ocean and is an ideal setting for work-shops and live-in training programs.

DIVINE LOVE CENTRE programs and services include:

- Wheatgrass and live juices pressed fresh daily
- Living Food Therapy and workshops
- Emotional Honesty sessions, individual and group, i.e. conscious breathing, release meditations, 'Course in Miracles'.
- Whole Being Reading - a complete physical, mental, emotional, and spiritual assessment
- Miracle Weekend Workshop — total immersion into aliveness
- Weekly intensive, live-in, self-healing, training program
- Excellent accomodations: sauna, greenhouse, gardens, meditation rooms, etc.

THE DIVINE LOVE CENTRE FOR NOURISHMENT COUNSELLING AND EDUCATIONAL SERVICES, 1135 McClure Street, **VICTORIA,** B.C. V8V 3G3. Phone **(604) 381-3021);** William Watson, Raechel Kletzel, Co-Directors.

Phone for information or appointment or write for free brochure.

HEALTH THROUGH INTERNAL HARMONY

Being unhealthy is not fun. Begin a new lifestyle for you and your family. Call **Gerald Hiekel,** Certified Nutritionist. Diploma in Applied Nutritional Science. Personalized Nutritional Programming & Life Management. Associated with the Roger Williams Institute of Nutrition, Clayton University, St. Louis, Missouri.

The Program is designed to help you to:

- minimize unnecessary stress
- slow the body's aging process
- feel rejuvenated and younger at heart
- increase the sense of freedom and creativity
- feel good and enjoy life to its fullest
- achieve desired weight.

For an appointment call **274-5563. RICHMOND,** B.C.

HOLISTIC HEALTH CENTRE
738-4428

Applied Transpersonal Education

Offers a broad range of skills leading to the integration of mind, body, emotions and spirit within a transpersonal educational setting. Uses a series of tests designed to determine stress level, stress symptoms and teaches the ability to reduce the stress level and symptoms. Testing for stress age also. Biofeedback training and flotation tank techniques are taught for release of tension, stress reduction and meditational practices.

Emphasis is on self-directed development by direct practice. There are ongoing and periodic workshops and seminars; insight sessions involving individual and group work.

Day, evening and weekend sessions by appointment. Sliding scale fees. Associate membership are offered on a yearly basis. For information, call **738-4428,** or, stop at 2245 West Broadway, 2nd Floor, **VANCOUVER,** B.C.

HEALTH, HEALING, & BODYWORK

IRIDOLOGY INSTITUTE

IRIDOLOGY. A close inspection with one of the tools made available by our expanding technology, the iridology camera system reveals the iris of the eye to be a micro-computer readout of bodily functions and conditions that truly merits every thinking person's honest and fair-minded consideration. In this way, nature has provided us with a miniature television screen showing the most remote portions of the body by way of nerve reflex responses.

An analysis of your iris photo tells the location of disorder, inherent weaknesses and the areas of your body which need help. By focusing on strengthening these weaker areas, the idea of prevention can become a reality.

Holistic Healing using herbs and food, shiatsu and massage, yoga and meditation, reflexology, stress management, medical astrology, and numerology also available.

Call Gilles Brault, D.I.N.T. at **733-6230** between the hours of 9-5, or write to Box 34152, Station D, **VANCOUVER**, B.C. V6J 4N1.

RON V. KIRKBY, Ph.D.

Aston-Patterning

BODY WORK

People tie themselves up with tension — through the back, e.g., or the neck and shoulders — often to the point where they hurt. In most cases, the ultimate cause of the tension is what and how people think, how they live.

I use Aston-Patterning body work to release the deep-set tension in the muscles and sinews of the body, so that a person can relax his/her physical body into a more comfortable and more easily moving shape. And I help him/her to let go of structures of thought and feeling which power the physical problems in the first place.

The result of letting go of tensions and conflict in the mind and in the body is freedom from pain and constriction, if this is the issue for you. And as you learn to let go in your body and your thoughts, your (relaxed) command of the complexities of your life grows apace.

In **VICTORIA**, I can be reached at the **Victoria Wellness Centre, 382-2311;** and in **VANCOUVER**, Mr. Doug Talling, **876-6474**, handles my appointments.

METAMORPHIC TECHNIQUE

THE METAMORPHIC TECHNIQUE—a healing modality involving work on the spinal reflexes of the feet, hands and head, a modality powerful in effect and with profound spiritual and psychological implications.

I have worked in childcare and Music Therapy. I was drawn to this work by the reported results on children with autism and Down's Syndrome, and co-sponsored Gaston Saint-Pierre (co-author of *The Metamorphic Technique*) on his two visits to Canada in 1982. The practise of this technique can be very helpful to both practitioner and client. The physical technique is easy to learn. The mental and spiritual aspects of the practice (i.e. motivation, detachment from results) pose the real, and life-long, challenges.

On-going classes, 7:30 p.m. - 10:00 p.m., beginning the first Wednesday of each month. Cost: $10 each.

Private sessions: 1 hour, by appointment. Cost: $10-$25, sliding scale.

Workshops, books and tapes also available. For further information or appointment: **Leagh Gabriel, 688-5880.** #34-784 Thurlow Street, **VANCOUVER**, B.C.

REFLEXOLOGY ASSOCIATION

Reflexology is used primarily for relaxing tension. There are reflexes on the feet relative to every part of the body. Compressing these reflexes properly, can help many health problems in a natural way. The body is like a railway system and a breakdown anywhere along the track disrupts the line totally. The feet are one of the system's terminals. As we work on feet to improve circulation, this balances the flow of energy which helps the body to normalize itself.

Our Association being the oldest in Canada, has been in progress since the 1960's. We have monthly meetings, foot treatments and study courses available.

For more information, contact THE REFLEXOLOGY ASSOCIATION OF B.C., 1108-8th Ave., **NEW WESTMINSTER, 526-6025.**

REICHIAN BODY WORK

REICHIAN BODYWORK works directly with the body to harmonize and balance the bioenergy system. The objective is to enhance a person's physical, emotional and spiritual sense of well-being and to reclaim a sense of personal knowing, of self as well as of others.

Central to all bodywork forms is the concept of a vital force — a life energy that may be blocked from natural expression. This blocking, or armoring of ourselves, tightens our musculature and inhibits our full movement in the world. The breath is a route into the unconscious, bridging unconscious and conscious awareness. With proper guidance this allows for a psycho-physical-spiritual integration to take place.

This approach is integrated with other methods utilizing my background in Gestalt, meditation, psychodrama, various bodywork and self-healing methods, imagery, dreamwork, Focusing, NLP and Ericksonian Hypnosis.

I completed an internship in Reichian work, am a graduate of The San Diego Gestalt Training Center, a certified teacher of Focusing, a certified Neuro-Linguistic Programmer, have an MBA from SFU and presently am a doctoral student in Human Systems Science at Saybrook in San Francisco.

For further information or a free copy of *The Bioenergy System, Restoring the Wisdom of the Body*, please call **Ian Macnaughton** at **222-2244. VANCOUVER.**

SHARI SHIATSU THERAPY

Shiatsu is an ancient form of oriental touch therapy. Based on the principals of acupuncture, shiatsu, or acupressure, follows the same energy meridians using a manual technique instead of needles.

Dating back thousands of years, the discipline has long been accepted in the east as a practical and pleasurable form of preventative medicine. The pressure-point method is very effective in the relief of stress-caused tension, inducing a tremendous feeling of relaxation. Shiatsu also stimulates the circulation, invigorates the skin, and promotes suppleness in muscle tissue.

A full body treatment lasts just over and hour and costs $30; a neck and shoulder treatment of twenty minutes is $10.

Share at TRIANGLES — 2036 West 4th Ave., **VANCOUVER, 736-5494**

FRIENDS OF COMMON GROUND

If you would like to support the growth of **Common Ground**, you can sponsor a group or service yuou feel deserves more notice. We also have a suggestion list on file. Send donations c/o **Common Ground**, 2574 W. 36th Ave., Vancouver, B.C. V6N 2P5.

HEALTH, HEALING & BODYWORK

Still Mountain Society
Natural Living

Since 1978 STILL MOUNTAIN SOCIETY has been offering programs at White Spruce Farm, a learning center situated on 250 acres in the Canadian Rockies. It is a non-profit educational organization whose aim is to promote a way of life that is in harmony with nature and that allows us to take direct responsibility for our own health and happiness.

Classes are given in organic gardening, macrobiotic cooking and philosophy, herbs and wild plants, natural healing, and shiatsu massage.

For further information and a free brochure write or call:

STILL MOUNTAIN SOCIETY, R.R. #1, **FERNIE**, B.C. V0B 1M0. **423-6406.**

Directors: **Duncan Sim, Susan Sim, Leona Gadsby**

Programs to Note:

Summer Camp, July 16-31.

Work/Study, August 1 - September 30, by the day or week.

Vancouver Reflexology Centre

The Centre offers monthly weekend workshops, evening classes commencing each month, private sessions by appointment, an informal **free** gathering every Monday 7-9:30 p.m. (except Public Holidays), books and charts for sale, and a small reference library.

Foot Reflexology is taught and practised as a potent and safe method of relaxing and revitilizing the whole body and is encouraged as a pleasant, healthy way to spend time with friends.

The weekend workshop or evening class series prepares you to competently practise Foot Reflexology with 16 hours instruction in the theories and technique. $60 one person, $50 per person for two or more.

Indulge yourself in the luxurious pleasure of private sessions: $10, or 5 session $40.

VANCOUVER REFLEXOLOGY CENTRE, Suite 101, 1045 West Broadway, near Oak St., **VANCOUVER** V6H 1E2. **733-2163.**

WESTSIDE NATUROPATHIC CLINIC

Naturopathic Medicine is a family oriented healing profession which seeks to restore the natural balance of health to the individual. The Naturopathic Physician chooses from among the many natural modalities, the most appropriate to engage and stimulate the individual's vital energy.

Nutrition is the cornerstone of our approach while herbal and homeopathic medicines, physiotherapy, manipulation, colonic irrigation, acupuncture, acupressure and other natural therapies are used when necessary to promote healing and the re-establishment of harmony.

Each human being deserves personal attention and respect in order ro evolve along his/her own individual path. We hope to be of assistance to this process.

Sid Weiss, N.D., Tom Glew, N.D., 2585 West 16th Avenue, **VANCOUVER**, B.C. V6K 3B9, Phone: **738-4085.**

YOU'RE IN CHARGE

Today most people are:

- confused by the many traditional and alternative approaches to health care.
- puzzled by the often contradictory should's and shouldn'ts of health "experts".
- frustrated and disillusioned with the results of their health care system.

In fact, most people would love to:

- free themselves of their aches, pains and physical limitations.
- improve and expand their health and aliveness.

Are you one?

We would like to remind you of a simple and practical fact: You are in charge of your health. In fact, not only can you make a positive difference in how your body functions, but your body itself can teach you exactly how to make that difference.

To become the master of your body and create the state of health you desire, you can begin by managing your thoughts and feelings so they contribute directly to your health, then your body will teach you how to care for itself.

Health Management Programs

The purpose of H.M.P. is to teach you how to create health in your own body. We will not heal you or treat you, but show you how to heal yourself.

Your personalized program will begin with two private consultations. This will get you going in the right direction.

You will then meet with other program members on a weekly basis to participate in physical and mental exercises; provide support in realizing each other's goals, and receive valuable information pertaining to your health.

You will also receive a weekly session of polarity therapy. This hands on healing technique wil balance your life energy, leaving you relaxed and energized.

The combination of regular private and group support will allow you to produce rapid and lasting results.

Lead By: Howard Kiewe & Stephen Taylor

Both Stephen and Howard are certified polarity therapists. Howard is also a graduate of the Sante Fe College of Natural Medicine, and has five years of experience leading Holistic Health seminars internationally.

Invest In Your Health

Your first step is to call **324-5980, VANCOUVER,** B.C. There is a limited number of program participants so register now to reserve your place.

REGISTERED MASSAGE THERAPISTS

Sally Cole Masseuse R.M.T.

SALLY COLE, R.M.T.
DEMETER HEALTH STUDIO

Sally Cole, Registered Massage Therapist, is pleased to announce that **Jane Bellinger,** R.M.T. has joined her at **Demeter Health Studio**. Partial coverage under B.C. Medical Plan with doctor's referral. By apopintment only. 2847 West 4th Ave. (at MacDonald), **VANCOUVER,** B.C. **733-9017.**

INTEGRATED HEALTH CENTRE

INTEGRATED HEALTH CENTRE

Launa Colombis, Co-ordinator
Mary Ann Code, R.M.T.
Ashala Jansen, R.M.T.
Judith Khouth, R.M.T.
Audrey Sutton, R.M.T.
Derek Youngs, R.M.T.

4676 Main St., **VANCOUVER,** B.C. Phone **879-2319** for appointment.

THE BACH FLOWER ESSENCES & REIKI

Flower essences are gentle yet potent catalysts for positive change helping to transmute confining emotions, attitudes and behaviour so that peace of mind, confidence and vitality can emerge.

California essences will be available.

REIKI relieves tension and stress, healing you in body, mind and spirit.

Kathy, **738-3401, VANCOUVER.**

BARCLAY WEIGHT CONTROL SYSTEM
RAE BARCLAY

Using holistically-oriented self-evaluation questionnaires, discover for yourself your ideal weight and weight control system. Also cover: body image, assertiveness, sexuality, compulsive eating, binge eating, stress responses. Choose from over 40 tools and techniques to help you achieve your desired goal.

Seminars offered monthly, one-on-one.

P.O. Box 46288, Stn. "G", **VANCOUVER,** B.C. V6R 4G6. **732-1846.**

HEALTH, HEALING, & BODYWORK

BIOKINESIOLOGY & SHIATSU
according to HENRY DORST

Our bodies are sustained by an energy field which resonates like a beautiful song when we are in good health. Learn and experience the coming into greater harmony through techniques of acupressure, exercise, affirmation, visualization, emotional reprogramming and by you selecting herbs, vitamins and foods just right for you. Call **732-1846** for information. **VANCOUVER,** B.C.

BODYWORK THERAPY

Energy Flow: When you are satisfied with how you express yourself creatively, with how you communicate, with your sexuality, with your health and productivity (sufficiency), your Energy Channels are open, the energy flowing. You expand naturally and uniquely. You get to be who you are, and allow who you are to be!

Energy Blocks: Stress situations that repeat themselves even when circumstances change (i.e. different city, same blues; different relationship same hassle) are a result of holding patterns in the musculature, connective tissue, posture and psyche. Release the tension held in at those levels, and the energy will flow.

Energy Contracton: Difficulty in saying I love you / I need you / No / Yes; dis-ease; addiction; pain in the neck, tight shoulders. . .; poor self-image. . .; shortness of breath; tension. Bodywork teaches how to expend energy.

My Bodywork: I use principles and techniques from Reichian Therapy, Postural Integration, The Richard System, Swedish lymphatic corrective and psychic massage, Gestalt, corrective tissue, Lomi, Polarity, Synergy, Dance, Movement therapy, bio-energetics, Yoga, meditation, intuitive/sensible nutrition, contextual approach, truth and love. **Philip Clement.** Health Enhancement Centre, 2021 Columbia St. **VANCOUVER,** B.C. **733-6350.**

Workshops in Healing Strategies for 'special need' groups; consultations and private sessions.

CERTIFIED IRIDOLOGIST
MARGARET BRODIE

Iridology is the science of analysing the iris of the eyes to point to potential problem areas of the body. We could then discuss natural, drugless methods for prevention of illness or for overcoming present health problems such as diet, exercise, herbs, supplements, home colonics and positive attitudes. I teach classes in iridology. For appointment or information call **525-7871. NEW WESTMINSTER,** B.C.

HANDIA BABA YOGA TRAINING CENTRE (INDIA-CANADA)
Founder: YOGI SHREE KANT

The Centre offers the highest quality of Yoga instruction and the purest form of meditation and spiritual guidance under Yogi Shree Kant. With 25 years practical experience, Yogi Shree Kant gives Ayurvedic Counselling; herbs available for purchase following consultation. **736-1722. VANCOUVER,** B.C.

HEALTH AND WELL BEING
LOUISE POHL

Learn how to increase your effectiveness and energy level through breathing, visualization, exercise and goal setting. These skills will enable you to take an active role in your own health care and minimize illness and stress in your life.

Call **685-1695** for an appointment, **VANCOUVER,** B.C.

HERBALIFE
"IF I DID IT- SO CAN YOU"
Gain or loose weight

HERBALIFE is the key to good nutrition. It is a totally balanced and nutritional weight control program of natural herbs and vitamins that allows you to continue to eat your favorite foods each day. HERBALIFE is nature's way to reduce and control cellulite. This nutritionally natural program has a 100% money back guarantee if you are not comletely satisfied in 30 days. For your free consultation and more information, call **433-3858. BURNABY,** B.C.

HOMEOPATHY
ERIC MOONEY,
CHARTERED HERABLIST

Homeopathy is an effective and scientific system of healing that assists the natural tendency of the body to heal itself. It uses microdiluted remedies derived from plants and minerals to bring a person to a more balanced state of health. It is effective both as a preventitive in the maintenance of health and in the treatment of chronic ailments. For further information or an appointment, call **266-3130. VANCOUVER,** B.C.

SHIATSU THERAPY
IDA WONG

A Japanese therapy using finger pressure along acupuncture meridians. It is excellent for stress and tension related problems. Ida Wong has studied with Mitsuki Kikkawa of Toronto and Shizuto Masunaga.

For appointments call: **732-0169. VANCOUVER,** B.C.

HOPE

A Cancer Support, Self-Help and Re-Education Program.

For information call **732-0950** or **733-0772**. A registered non-profit organization. **VANCOUVER,** B.C.

IRIDOLOGY
ROB BEDALL

Iridology: the science of interpreting the colour and structure of the iris of the eye in relation to the processes (metabolism) of the body and its organs. I suggest herbal remedies, diet and Bach flower remedies to correct indicated weaknesses. Fee: $25. Phone **733-6410. VANCOUVER,** B.C.

LIVING WITH A HEARING LOSS
JENNIFER SHIFRIN

Counselling for people who know or suspect that they are gradually losing their hearing, and for their relatives and friends.

For further information, see PSYCHOLOGY. . . pg. 26. Call **731-1062. VANCOUVER,** B.C.

MASSAGE & MOVEMENT
KRISTIE BARTON

Workshops have been scheduled for this summer, in an exotic, relaxing atmosphere. Take a "weekend vacation" in Vancouver and learn basic massage and stress reduction techniques. Hot-tub & barbeque included. Call for registration details.

Individual sessions also available by appointment. **684-9562.**

THE METAMORPHIC TECHNIQUE
ALANA MASCALI

Simple work on certain areas of the feet, hands, and head, designed to allow the lifeforce within to flow unimpeded. . . and in so doing, transform you from who you are to who you can be.

By appointment. Call **261-8324. VANCOUVER,** B.C.

THE MIRACLE OF GEROVITAL
CLAYTEN VANCE

Gerovital H3(GH3) has been called the fountain of youth, the miracle anti-aging vitamin, the total rejuvenator. Is it effective against such degenerative diseases as senility, arthritis, rheumatism, muscle fatigue, depression, stress, poor circulation, age spots, varicose veins, greying hair, balding and wrinkles?

For complete information on Dr. Ana Aslan's Romanian formula, now available for your own personal use, call **Clayten Vance, 873-4086. VANCOUVER.**

REIKI NATURAL HEALING CLASSES

Reiki is an ancient and profoundly effective channelling of Universal Life Force to relieve pain and promote healing and harmony of the whole person. This powerful, simple opening of your healing ability can be used on yourself, others, pets, and plants.

Bunny Sjogren, Reiki Master, offers classes in Victoria, across Canada, and internationally. Free introductory lecture.

Please call or write for free brochure and additional information. 505-620 View St., **VICTORIA,** B.C. V8W 1J6. **(604) 386-2619.**

NUTRITIONIST
VASANTO LOUISE CRAWFORD

Vasanto combines an Eastern with a Western understanding of nutrition in her groups and individual sessions. Sessions are most frequently for nutrition and fitness, weight loss or food allergy, and include computerized dietary analysis.

Vasanto can be reached at **733-6862,** or by leaving a message at V.G.H. where she teaches. **(875-4391), VANCOUVER,** B.C.

POLARITY THERAPIST
DON SPENCE

Relax. Renew your balance of body and mind. Polarity is simple and effective, subtle, yet powerful.

Polarity brings on deep healing relaxation at all levels through pressure point massage, energy balancing, high quality thought and exercise.

Call Don Spence, **874-1839. VANCOUVER,** B.C.

ROLFING
MARTEN GABRIEL —
ADVANCED ROLFER

LAARA GABRIEL —
ROLF MOVEMENT TEACHER

Telephone for appointment: **946-9475. LADNER,** B.C.

Alana Mascali

MOVEMENT & SPORTS

BACKEASY

BACK PAIN!!! Alleviate it, prevent or abolish it.

Correct usage of the body and the gentle relaxing, toning and strengthening of deep pelvic and torso muscles present an attractive alternative to "grinning and bearing it."

These 1½ hour classes are for anyone of any age with back problems. They are taught slowly, with attention given to the thorough understanding of the purpose of each exercise and movement. Classes are limited in size to allow for individual attention. Sessions start the week of July 19th and are scheduled regularly at convenient times.

Gayle Lang, the developer and instructor of these classes was a professional dancer for 7 years and taught at McGill and Concordia Universities in Montreal. She has also studied extensively in various methods of movement therapy and taught privately before coming to Vancouver.

For Registration and Information call **263-0564. VANCOUVER,** B.C.

TAI CHI

An ancient and unique Chinese Martial Art emphasizing strength, suppleness, balance, co-ordination and agility. Tai Chi can be a total system of exercise incorporating mental as well as physical descipline. Suitable to people of all ages, young and old, Tai Chi has been known to help with the elimination and prevention of many illnesses and internal disorders.

PHYSICAL FITNESS
SELF DEFENCE
MENTAL DISCIPLINE

The school is now in the process of acquiring a year round live-in retreat centre within the B.C. Gulf Islands.

Classes in Tai Chi are offered throughout the Vancouver, North Vancouver, West Vancouver, Surrey and Victoria areas. Ask about our teacher apprenticeship program.

Contact CANADIAN INSTITUTE OF TAI CHI, 1448 West Broadway, **VANCOUVER,** B.C. Call **731-3021.**

KEMPO

KUNG-FU

We are a school of Chinese origin, teaching unarmed self-defence, with no-contact sparring. Individual instruction in a relaxed, open atmosphere fosters the essential art of this discipline.

KUNG-FU IS A WAY OF LIFE. Its essential purpose is to enable you to discover your full potential — physically, emotionally and spiritually.

Drop in or make an appointment and learn how an ancient and honorable art is taught in a modern, responsible manner.

In Vancouver since 1972 (formerly Simon Kung-Fu Studios). **Kempo Kung-Fu** has been owned and operated since 1974 by Wayne Thomas, 4th degree black belt and Red Sash.

Introductory course, $60 a month.

Clubs in **VANCOUVER,** 4105 Fraser St. **872-0368,** and in **SURREY,** 10641 King George VI Hwy., **585-3544.**

WHOLISTIC CENTRE

We believe in balance of mind, body and spirit in all aspects of life.

Our Philosophy integrates understanding, personal commitment and the internal and external forms of physical, emotional and spiritual practice, all combined as wholistic tools to self-awareness and self-discipline.

These tools are the prime necessities to realize and discover ourselves and others as WHOLE and total beings.

THE WHOLISTIC HEALTH & MARTIAL ARTS CENTRE offers classes on Tai-chi, Karate, Kung-Fu, Wholistic Martial Arts, Aerobic Dance, Nutrition, Retreats, Money Management, Yoga, Arnis, Shiatsu, Reflexology, Meditation, Kinesiology, Seminars, Wholistic Products.

15 Kingsway, **VANCOUVER,** B.C. V5T 3H7, corner 7th Ave. & Main St. **879-9964.**

Serving others is serving oneself. We run 3 group homes in Town; we need Volunteers to share and grow with our kids.

DIVER'S WORLD

5760 Cedarbridge Way
Richmond, B.C. V6X 2A7
Phone 273-2064

2828 West 4th Avenue
Vancouver, B.C. V6K 1R2
Phone 732-1344

825 McBride Boulevard
New Westminster, B.C. V3L 5B5
Phone 524-1188

Discover inner space.

You are about to discover adventures as dramatically different from everyday life as are the far reaches of outer space. You'll see fish the color of rainbows pass before your eyes in a parade of silent wonder.

Rays of sunlight spiral down through this watery world as if to spotlight each new find.

This is inner space.

To introduce you to these wonders, DIVER'S WORLD offers **classes** beginning every three weeks at each of our three locations. With over **12 years experience** in diver training, we can meet your needs through group or private instruction.

Internationally recognized certification through THE NATIONAL ASSOCIATION OF SCUBA DIVING SCHOOLS (NASDS).

Enrolling is as easy as stopping by your nearest DIVER'S WORLD STORE.

For a chance to do seven days of real exploring — scuba diving, windsurfing, fishing, hot springs, and more — book early for this summer's **Diving Adventure '83. Barkley Sound** (Vancouver Island) from Saturday, July 23 to Saturday, July 30. Space is limited.

DIVER'S WORLD LOCATIONS:
5760 Cedarbridge Way, **RICHMOND, 273-2064.**
2828 West 4th Ave., **VANCOUVER, 732-1344.**
825 McBride Blvd., **NEW WESTMINSTER, 524-1188.**

AIKIDO
LIDIA WOLANSKYJ

Aikido, the Way of Harmonious Energy, is a non-competitive Japanese martial art, using dynamic principles in partner and group practice. Students learn to effectively neutralize an aggressive situation through body movement, pins, locks, and throws, and most of all, attitude. For more information, **732-0169, VANCOUVER,** B.C.

T'AI CHI CH'UAN
WAYNE PALLANT

T'ai Chi combines slow, rhythmical movements, a relaxed breathing pattern, and a concentrated mind. The movement patterns are reminiscent of a dance. The motion is regulated by the principles of Yin and Yang.

For information about classes, phone Kitsilano T'ai Chi Center, 1695 W. 7th, **VANCOUVER, 733-7558.**

We shall not cease from exploration
And the end of all our Exploring
Will be to arrive where we started
And to know it for the first time.

- T.S. Eliot

Failure is the path of least persistance.

PSYCHIC ARTS & INTUITIVE SCIENCES

EVE

Psychic Artist

Past Life Drawings. Eve simply tunes into one of your past-lives and creates a full length 14 x 16 colored drawing for you. Discussion of the drawing is a beautiful sharing of you, who you were, and how it applies to this present lifetime.

She deals only with the positive aspect of the soul's journey through it's many lifetimes. Eve is influenced by the *essential essence* of the person and tunes into some basic characteristic or situation carrying through into this present life experience.

Phone: **254-1445; VANCOUVER,**

PALMISTRY

An excellent palmist, Eve has studied chiromancy in India and the west. For appointment call **254-1445, VANCOUVER**, B.C.

PSYCHIC HOLISTIC ESP FAIR

4th ANNUAL
E.S.P. FAIR
VANCOUVER
SEPTEMBER 22, 23, 24, 25
AGRODOME - P.N.E.
OVER 75
EXHIBITS

Other Cities (Fall '83)
Seattle Portland
Calgary
Regina Saskatoon
Toronto
(604) 224-6013

PSYCHIC PHENOMENA	HOLISTIC HEALTH
NEW AGE PRODUCTS	HUMAN POTENTIAL
SPIRITUAL GROUPS	TALKS & LECTURES
MOVIE THEATRE	E.S.P. TESTING
WORKSHOPS	& MUCH MORE

The E.S.P. Fair is an annual event held in many major cities in Canada and the U.S. The Co-ordinating centre of these Fairs in Vancouver, rents exhibit space to Individuals and Groups involved in the Psychic, Spiritual, Holistic and/or Self Development and related fields.

Each Fair tends to draw approximately 6,000 people during a four-day period — an effective market place for networking and the "New Age". Booth space now available for Fall Fairs.

For information or to participate contact Mike O'Brien, Bonnie Brown or Jo Durst at 3724 West Broadway, **VANCOUVER,** B.C. V6R 2C1. **224-6013.**

SOL READINGS

Sol Readings enable the individual to explore their inner domain. These readings do not deal with external issues, but instead help focus the awareness on the inner self, enabling the individual to bring to their conscious awareness, subconscious issues which they are preparing to deal with to enhance evolution as a unique individual.

Since we are all creators of our experience, at times it is necessary to objectively view that which we are creating in order to assess what changes, if any, are necessary to create a more positive life experience.

Call Shirley, **732-3102. VANCOUVER**, B.C.

Washington Psychic Institute
Church of Divine Man
IN VANCOUVER

The Washington Psychic Institute is founded on the principles of free will and personal growth and offers individuals a place to experience and learn about their spiritual/psychic abilities. We do this through the following activities:

INTRODUCTORY ACTIVITIES: Weekly Spiritual Healing Clinics, 2½ hour taped Aura Readings, Psychic Reading Demonstrations, Workshops.

ALSO OFFERS: 8-Week Basic Classes in Spiritual Healing and Psychic Meditation, One-Year Clairvoyant Training Program.

WPI/CDM was founded in Seattle, Wa. in 1976 and currently has eight locations from Portland, Oregon to Vancouver, B.C. Affiliated is the Berkely Psychic Institute/CDM with branches throughout California.

Our address: 655 W. 7th Avenue, **VANCOUVER,** B.C. V5Z 1B7.

For Brochure or further information call **879-8707.**

ASTROLOGER AND PAST LIFE REGRESSIONIST

BARBARA KIRKBY

ASTROLOGICAL SERVICES: Chart interpretation; relationships; forecasts for the coming year; timing; rectification for unknown birth time; children. Classes, Workshops, Lectures. A cassette recording of every reading is included.

REGRESSIONS: Get in touch with your memories of past lifetimes and how they are effecting your present life.

For appointments and information call **922-7822. WEST VANCOUVER,** B.C.

TAROT READINGS

As a wake up call to remembering the beauty of who you are.

Enquiries and appointments call LorRaine **261-8324, VANCOUVER,** B.C.

ASTROLOGICAL TROUBLE SHOOTING

HORST PLATTNER

When you free yourself from your emotional barriers by increasing your self-awareness and taking responsibility for your life — *there are no victims!* — your life then becomes more creative and full.

An analysis of your astrological chart will reveal potential "trouble spots". Call **689-4147. VANCOUVER,** B.C.

REGRESSIONS

KASSANDRA

Remember and Learn from your past. **733-4264.**

CLAIRVOYANT CONSULTATIONS, COUNSELLING, HEALING

REVEREND CHRISTOPHER SHIRLEY

Clairvoyant consultations clarify aspects of your present reality, facilitating self-determination and personal growth.

Taped, $45. Counselling individuals, couples or families for independent happier growth. $30/hour. Spiritual healing enhances your energy's natural flow. $10 Aurion Associates, Suite 101, 1045 West Broadway, Nr. Oak St., **VANCOUVER,** B.C. V6H 1E2. Phone: **733-2163.**

TAROT

Study ancient symbols of wisdom for personal guidance, spiritual growth. Correspondence course of 12 lessons in major arcana, Egyptian thru Aquarian age sources, reading spreads. Course description, first lesson, send $5:

MARA MESHAK, R.R. #2, **DUNCAN**, B.C. V9L 1N9, phone: **748-7508.**

PSYCHIC PARTIES

ASHI AND SHIRLEY

Hostess has her readings free! Invite four to six friends over. While you socialize, each guest in turn enjoys two private half-hour readings. In a trance session with Shirley, your guides advise you. In addition, Ashi reads your Tarot and Miracle Cards. Please call **684-9016** or **438-8528. VANCOUVER/BURNABY**, B.C. $30 each guest.

PSYCHOLOGY, THERAPY, & COUNSELLING

CANADIAN HYPNOSIS ASSOCIATION

Hypnosis is best defined as "a deeply relaxed state of focused concentration." The simple techniques of hypnosis or self-hypnosis once learned become a very powerful tool to assist the individual in achieving his foremost wants and desires in life.

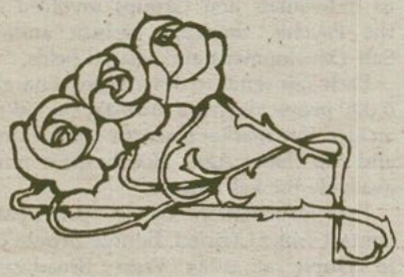
Of course, desires vary greatly from person to person. Hypnosis is being used effectively to eliminate phobias and bad habits such as smoking, overeating, nailbiting and bedwetting. Many others have utilized it to improve concentration for sports performance, for increasing study and learning habits and for simple stress reduction. The list could go on and on.

If you strongly desire some change in your life, chances are very good that hypnosis can help.

THE CANADIAN HYPNOSIS ASSOCIATION (est. 1979) is a non-profit organization dedicated to increasing public awareness on the true value of hypnosis. Included in the membership are a group of fully trained and well qualified hypnotherapists.

If you would like more information on hypnosis and THE CANADIAN HYPNOSIS ASSOCIATION, write to: THE C.H.A., M.P.O. Box 3397, **VANCOUVER**, B.C. V6B 3Y4

The C.H.A. has also set up a referral line in Vancouver at: **689-9612**, with a listing of the hypnotherapists in your area. By using this free service you will be assured of finding a professional in the field who has met and maintained all of the standards necessary to be certified by the association.



ANNE E. DAVIES, M.A.
COUNSELLING & THERAPY

My practice is principally individual counselling and therapy with women dealing with life issues and stress. I specialize in the area of sexuality and work with women both individually and in groups to assist in the resolution of sexual difficulties. I do several groups each year directly related to Women's Sexual Issues and several more for Pre-Orgasmic Women.

My partner, **Brian Fisher,** counsels both adults and adolescents.

As co-therapists, we do relationship counselling, family therapy, communications training and work with couples experiencing sexual difficulties.

We offer professional vocational counselling for those experiencing employment problems or job dissatisfaction.

Our eclectic approach includes: encounter, gestalt, bio-energetics, body work, gestalt and fantasy in addition to traditional counselling forms.

Our office is located at the junction of two major bus routes and we have both day and evening appointments available.

For information on fees or upcoming groups, or to make an appointment, please call **Anne E. Davies 531-8555. 210-1548 Johnston Road, WHITE ROCK,** B.C. V4B 3Z8.

I Am Deep Relaxation Tapes use self-hypnosis techniques to help you program your own mind to experience a state of deep peace and relaxation, then use ideas found in "the Seth philosophy" and *The Course in Miracles* to help you achieve your optimum potential. You are introduced to the idea of using trigger gestures and phrases that allow you to re-experience that peace at time of stress when it is not possible to listen to the tapes.

Tapes available: Good Health, Childbirth, Migrane headache, Studying, Sleep, Creativity, Stop Smoking, Weight-Loss, Depression, and Sports Performance.

Information and reading list also available. To order, send $13.95 per tape to: I AM DEEP RELAXATION TAPES, 919 Cowrie St., **SECHELT**, B.C. V0N 3A0. Phone inquiries: **885-2527.**

LIVING WITH A HEARING LOSS

JENNIFER SHIFRIN
HEARING LOSS COUNSELLOR

Counselling for individuals, couples and groups is offered for people who know or suspect that they are gradually losing their hearing.

Information is provided regarding types and degrees of hearing loss, what can and cannot be done, hearing aids and lipreading. Counselling includes examination of common *misconceptions* about hearing loss (going deaf means going senile; hearing aids solve **all** hearing difficulties; losing one's hearing means losing control over one's life.)

Issues dealt with include: **embarrassment** related to hearing aids; **explaining** your hearing loss and your **needs** as a hearing impaired person; acknowledging difficulties in following conversation rather than nodding smiling and **faking**; **frustrations** experienced by hearing people; **loneliness**. Exchange is encouraged between hearing and hearing impaired people.

For information call or write: **Jennifer Shifrin**, 3256 West 3rd Avenue, **VANCOUVER**, B.C., **731-1062.** Jennifer Shifrin's training is in **Speech and Hearing Disorders** (Israel), **Educational Psychology** (Manitoba), and **Humanistic Psychology** (Antioch University).

U.C. INC. PRESENTS

N.L.P.™ Certification Program.

For the first time in Western Canada, the highest quality Neuro Linguistic Programming™ Credentialling Course will be presented in **VANCOUVER**, starting **September 17-18, 1983 to March 1984.** The Co-Founder of N.L.P.™ **John Grinder,** Co-Developers **Judith DeLozier** and **Robert Dilts,** plus five other highly qualified trainers will conduct a powerful 24-day workshop for Practitioners.

N.L.P.™ Introduction — September 17-18. Presented by John Grinder and Judith DeLozier. This event is open to the public for $100. Register early for space.

Robert Dilts, "Strategy Specialist" and Co-Developer of N.L.P.™, main co-author of *N.L.P. Vol. I*, developer of computer programs for Education and Business using N.L.P. principles, presents **workshops** during the year:

- HYPNOSIS
- CREATIVITY
- N.L.P. IN BUSINESS
- CHANGING BELIEFS & N.L.P. IN EDUCATION

Dynamic Learning — July 25 to 29, 1983. Learn effective strategies for math, science, reading, spelling, compositions, second languages, music, history, motivation, overcoming blocks to learning, etc. For students grade 2-12, University students, teachers, parents, counsellors, "dyslexic"; for *anyone who wants to excel.* 9:30 a.m. to 5:30 p.m. Enquire for group rates.

Mind Potential presented by **Jeannie Higano**. Learn practical tools to tap **the creative potential** of your mind to improve every facet of your daily living. Learn to channel your mind and body into positive, creative healing patterns and to manifest beneficial outcomes such as creating loving relationships, abundance, success, creating a career, improving health, solutions to any problem, replacing unwanted habits — e.g. smoking, compulsive eating, etc.

LEARN TO REALIZE YOUR OWN PERSONAL POWER.

For registration and information call Jeannie Higano **266-8088** or **266-1677**, Pearle **596-8186** or write to U.C. INC., 2170 West 33rd Ave., **VANCOUVER,** B.C. V6M 1B9.

PSYCHOLOGY, THERAPY, & COUNSELLING

NLP ™

ERICKSONIAN HYPNOSIS

Neuro-Linguistic Programming™ and **Ericksonian Hypnosis**. We have a powerful spring schedule in 1983 that includes a 21-day N.L.P. PROGRAMMER TRAINING leading to Certification through the N.L.P. Programming Centre for Advanced Studies. This will be offered in 4 day-per-month segments from June through October.

Quarterly trainings, one evening per week, are currently being offered both in Introductory and Intermediate Neuro-Linguisitcs. This spring we will be adding a special training in N.L.P.™ for Business Strategy, Negotiation, and Personal Management and a training in N.L.P., Creativity, and Computers. We have special classes using N.L.P. computer programs for students to develop spelling, math, composition and creative-writing abilities. N.L.P. tutoring is also available for children with learning problems.

Ericksonian Hypnotherapy Training. Steven Gilligan, world-recognized Ericksonian Hypnotherapist, will conduct a week-long intermediate-advanced training in August 1983. To support readiness for this program, THE VANCOUVER WHOLE PERSON will continue its schedule of Introductory Classes in the Language and Methodology of Milton Erickson. Our weekly evening program emphasizes videotapes, practice sessions and powerful exercises.

Vancouver Whole Person Counselling. Ericksonian and Neuro-linguistic consultation, counselling and training on a personal basis is available through daily appointment scheduling through THE VANCOUVER WHOLE PERSON.

Vancouver Whole Person, Marilyn Atkinson, Director, at the Vancouver Health Enhancement Centre, 2021 Columbia Street, **VANCOUVER**, B.C. V5Y 3C9. **876-0916** or **872-1185** (message).

Cheryl Hills-Wright
Renascential Counselling
4491 Blenheim
Vancouver, B.C.
V6L 2Z8
734-0915

N.L.P., Eriksonian Hypnosis and guided meditation are used to restore the body's wisdom, so that change and growth can come from within.

* Renascential: of being reborne; spring up again; showing new life and strength; reviving.

"The body has it's way of speaking in whispers when it wishes" Fredrick Ward. 1975.

SELF-IMAGE DEVELOPMENT THROUGH VIDEO

There is more to us than meets the eye. Most of us still have a self-image formed in our early teens — one which now limits full range of creative expression in our physical appearance, feelings, behaviour, skills and talents.

Maureen McDowell uses the Video camera as an exciting new tool to reconnect you with valuable and fun-loving facets of your unique personality, integrating them into a new, more creative and alive *you*.

Featured are:

- personal Video/counselling sessions
- ALL YOU CAN BE: group video sessions for fun, feedback and friendship.

IMAGES: residential workshop with Maureen McDowell, Bennet Wong, M.D., and Jock McKeen, M.D.

Maureen is a social worker with 13 years' experience in personal, sexual, divorce and relationship counselling.

MAUREEN McDOWELL, M.S.W., 1295 Johnston St., Granville Is., **VANCOUVER**, B.C. V6H 3R9. Phone: **688-7148.**

Control of your own mind: **Silva Mind Control ®** is a simple, effective method of mental training which you can use to develop conscious control of your subconscious mind. The content of the classes will enable you to use more of your mind to improve the quality of every aspect of your life —your health, habits, relationships, professional life — and become a happier, more effective, more successful human being.

We've been offering Mind Control in the U.S., Canada, and over 50 foreign countries and have more than 2,500,000 graduates, including a lot of "sounds too good to be true" types.

If you are interested, and want to know more, come to a free introductory lecture.

For more information please call or write: SILVA MIND CONTROL, Box 70, 1450 Johnston Road, **WHITE ROCK**, B.C. V4B 4E9. **536-1047.**

COUNSELLING - THERAPY — TANKING

JUNE KEDDIS, M.ED., M.A.
(Humanistic Psychology)

Renew your vision and your life. Contemporary approaches to moving thru problems, illness, stuckness or crisis. In totally supportive professional therapy you learn to resolve and heal the issues that stand in the way of happiness —relationships, depression, etc. Lilly Tank available. **261-5974 VANCOUVER**, B.C.

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REGISTERED PSYCHOLOGIST

Counselling and therapy for anyone seeking professional and loving assistance through the ups and downs of life. Special focus: self-esteem; assertiveness; shyness; anxiety; women and stress; relationships; goal-setting.

My therapy is creative and transformational combining behavioral, visualization, gestalt and Jungian approaches. **VANCOUVER**, B.C. **732-0078.**

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DAVID WONG, M.A.

Unrelieved stress, occupational and/or personal, can lead to burnout, with feelings of overload, frustration, and unhealthy living patterns. As a Registered Psychologist with 15 years' clinical/business experience, burnout consulting and stress management are major services offered. Tel. **327-6121, VANCOUVER**, B.C.

CHILD & FAMILY THERAPY

SUSAN COHENE, M.S.W., R.S.W.

Are you concerned about your child? Would you like to learn new ways to help your child? Susan Cohene has extensive experience working with children who have adjustment, emotional, or behavioral problems. Susan specializes in play and art therapy, as well as communication skills and child management. Individual, marital and family therapy are offered.

Sliding scale. **736-6873. VANCOUVER**, B.C.

COMMUNITY CONFERENCE CENTER

Learn to be master of your situation. Enjoy the simple things in life.

College courses in self-understanding, group work for self-evaluation, and consultation by appointment are available at the community level.

Telephone: Gwen McGregor **733-1793**, Sonja Clark **986-8412, VANCOUVER**, B.C.

Write: Stn. B., P.O. Box 1138, **OTTAWA**, Ont. K1P 5R2.

COUNSELLING

ROBIN RENNIE, M.A.
(formerly Robbie Young)

Becoming all of who you are can be a scarey as well as exciting voyage of discovery. Through the use of tools such as gestalt, fantasy, hypnosis, bodywork, and feminism, I will accompany you on your journey. Using your issues as guideposts, we will find new routes to your goal of actualization. Sliding scale. **738-7557. VANCOUVER**, B.C.

CELINE ALDWORTH

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Alpha Hypnosis Clinic offers programs in weight control, anxiety and tension control. Increase motivation and performance, and reduce stress.

New clinic now open in Kerrisdale.

#210-2309 West 41st Ave., **VANCOUVER**, V6N 2A3
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EXPRESSIVE THERAPY COASTAL HEALING ARTS

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JOHN GOODMAN, B.A.

Expressive Therapy is a gentle approach to exploring and understanding feelings, bringing creativity into everyday life, and communicating simply and directly with others. Expressive Therapy uses relaxation and expressing feelings through movement, drawing, writing, and other art forms (no talent or experience necessary).

Group workshops or individual counselling available. **733-8544. VANCOUVER**, B.C.

PSYCHOLOGY, THERAPY, & COUNSELLING

HANDWRITING ANALYSIS
ROBYN SMITH, B.A.,
CERTIFIED GRAPHOLOGIST

I offer: Private Analysis — comprehensive, vocational and compatibility.

Classes — basic, intermediate and advanced.

For further information call **922-4714. WEST VANCOUVER,** B.C.

HAVE YOU CREATED YOUR MIRACLE TODAY?
JIVANA REGAN
Trained Rebirther
Reiki Healer, Counsellor

You have my total support in becoming a conscious and successful creator, using the freeing power of the breath and the creative power of affirmations. Let us manifest and experience a reality of infinite abundance, creativity, joy, love, freedom and excellence. Phone **733-6714. VANCOUVER,** B.C.

REBIRTHING
ROB RYANE
Trained Rebirther, Consultant, Biokinesiologist

Energy follows thought; it is what you habitually think that determines your circumstances and your experience of those circumstances.

With the use of breath, regression and affirmations, thinking patterns that are no longer serving you are released and replaced with thoughts that support creativity, abundance, love and joy.

Phone **688-6834** (early mornings best). **VANCOUVER,** B.C.

FACING YOUR FAT
SANDY FRIEDMAN, M.A.
DORIS MARANDA, M.A.

A self-awareness approach to fat and bulimia which focuses on breaking down the addictive and obsessional pattern of compulsive eating and of dealing with the root causes. Sandy **731-8752**, Doris **736-7180. VANCOUVER,** B.C.

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SHELDON BILSKER

Programs available at Alpha Self-Development Centre: —Stop Smoking —Memory and Concentration —Stress Control —Weight Control —Self-Confidence —Sports Performance — Motivation —Public Speaking — Phobias.

All programs private and confidential **681-7388, 681-7389. VANCOUVER,** B.C.

PSYCHOLOGY KUTENAI GROWTH SOCIETY (Winlaw Gestalt Land)

5-day and weekend workshops on rural retreat land; facilities include kitchen and group work space with electricity and water, camping and good access. Group leaders have included Patricia Sun, Bethal Phaigh, Sun Bear, Joshua Biel and many others.

For this summer's schedule or information on facility rental, please send S.A.S.E. to 519 Silica St., **NELSON,** B.C. V1L 4M8.

METAPHYSICAL HYPNOTHERAPY
M.S. DIXON,
INNER STAR COUNSELLING

Choose a Hypnotherapist who recognizes your Spiritual development, and treats your subconscious with profound respect.

Let an experienced counsellor with Spiritual Mind Practitioner training help you discover new alternatives for personal problems. Understand what your Higher Intuition is telling you through dreams and fantasies. Enjoy deep relaxation techniques. **926-3168, WEST VANCOUVER,** B.C.

PLANNED PARENTHOOD VANCOUVER
BIRTH CONTROL
INFORMATION, EDUCATION,
PHONE COUNSELLING SERVICE

Clinics in Vancouver, North Vancouver, Burnaby. For appointments call: **736-8788.**

Parent groups on child development, sex education.

Interested in volunteering? Call **736-8788.**

PLANNED PARENTHOOD VANCOUVER, #206-2525 Pine Str., **VANCOUVER,** B.C. V6J 3E8.

REBIRTHING & COUNSELLING
AMANDA VAUGHAN
Professional Rebirther & Consultant

Are you willing to have more joy and fulfillment in your life? Rebirthing can assist you, using conscious breathing and affirmation techniques, to create more of what you want in all areas of your life. Get in touch with your own personal power; experience peace, love, joy, prosperity and success. You deserve to have it all!

Individual sessions: $35.

Phone **736-4665. VANCOUVER,** B.C.

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IAN MACNAUGHTON

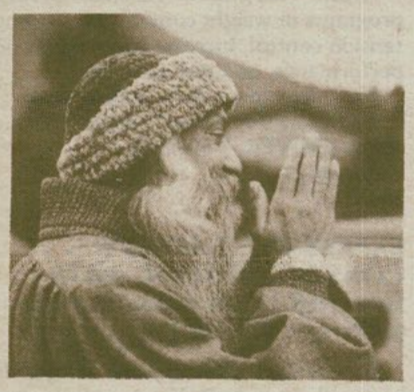
Transpersonal Counselling moves beyond traditional limitations of personality models. Its focus is in exploring the relationship of the body/mind and spiritual well-being and also attempts to integrate both Eastern thought and Western science.

Opening up to the transcendent quality of our existence allows for a different perspective in our lives. We all create models — views, thoughts and feelings of what the world, our world is about. To recognize that we have contributed to creating a particular pattern of consciousness allows us to be flexible enough to move beyond that pattern and yet maintain enough stability to live a full human life. In this perspective, problems are seen as signposts encouraging us to recognize our resources and generate new ways of growing and evolving.

I completed an internship in Reichian work, am a graduate of The San Diego Gestalt Training Center, a certified teacher of Focusing, a certified Neuro-Linguisitc Programmer, have an MBA from SFU and presently am a doctoral student in Human Systems Science at Saybrook in San Francisco.

For further information please call **Ian Macnaughton** at **222-2244. VANCOUVER**

SPIRITUAL PRACTICES



PRAYER

Live each moment
as if this is
the last moment:
put all at stake,
risk all
and you will be
immensely surprised
that life becomes
a tremendous miracle.
Everything
starts vibrating
with life,
everything
becomes a message.
Every flower
becomes a bible
or a koran or a gita,
and every star
becomes a proof,
enough proof that life
is not just material.
Every experience of beauty
proves that life is
more than matter.
Every time you say aha!
you are saying a prayer.

— Bhagwan Shree Rajneesh

From the book:
The Sound of One Hand Clapping

Come and Celebrate: Daily meditations; music and dance; satsang every Sunday; massage and breath awareness; books, tapes and beautiful videos.

Inquiries at ARVIND RAJNEESH MEDITATION CENTRE, 2807 W. 16th Ave. (at MacDonald), **VANCOUVER, 734-4681.**

P. D. OUSPENSKY

G. I. GURDJIEFF

"Behind the surface of the life we know lies something much bigger and more important — until we know more about what lies behind, all our knowledge of life and of ourselves is really negligible."

P.D. Ouspensky

Gurdjieff Ouspensky Centres
926-9504
WEST VANCOUVER

SPIRITUAL PRACTICES

Kirpal Ashram

Kirpal Ashram is a beautiful, quiet and peaceful forest of twenty-five acres, located in Surrey, B.C., about 45 minutes from Vancouver, reserved for spiritual retreat and meditation.

The ashram was founded personally by the well-known Indian Saint, Kirpal Singh (1894-1974), in November 1972, as an ideal place for making advancement on the inner spiritual Way.

"The term 'Ashram' means a place of refuge — a spiritual sanctuary charged with the right type of atmosphere conducive to spiritual growth. In the hushing silence and thick verdure of green foliage, you will be blessed with the white radiance of the Master Power."

At the ashram, there is a programme of meditation and satsang (readings and tape recordings of the Masters' teachings) every day both morning and evening, open to all Sant Mat initiates, and Satsang every Sunday morning at 9:30 am, open to all interested in *"The Path of the Masters"* or *"Surat Shabd Yoga"* (the yoga of the inner light and celestial sound current), which is the Way taught by all Masters from time immemorial, of which **Kirpal Singh** and his successor, **Sant Ajaib Singh Ji of Rajasthan** are the modern day exponents.

For further information, please call Barbara Gaetz, **929-5340** or Judy Shannon, **594-5557.** SRI KIRPAL ASHRAM, 14011 Colebrook Road, **SURREY,** B.C.

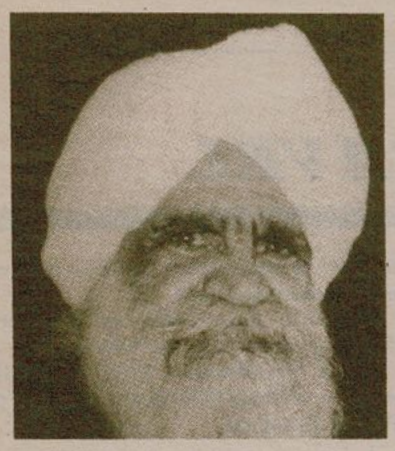
H H MATAJI NIRMALA DEVI

Whenever the truth becomes difficult to discern, an avatar is born. Now is the blossom time which has been predicted in all the scriptures. **Mataji Nirmala Devi** has come to give self-realization through the spontaneous rising of the kundalini, in answer to the questions of the ancient seekers.

Thousands of people world-wide have recognized this actualization as being the final stage in the evolution of mankind. If you seek the truth and believe that God's love cannot be purchased, then come and judge for yourself. Experience this divine birthright which is nature's gift to all.

SAHAJA YOGA, Vancouver Library, Burrard & Robson. Wednesdays 7:00 p.m. or call **922-5430.**

Afternoon meetings 1-3 p.m. on June 28, July 11, July 25, August 11.



Awaken Spiritually

Start on a journey to self-knowledge and God-realization. Meet

SANT DARSHAN SINGH
1983 WORLD TOUR
Date: Aug. 25 & 26
Time: 7:30 p.m.
Place: UNITY, 5840 Oak St., **VANCOUVER.**
Contact: Arran Stephens **732-8779** (evenings).

Free Admission.

Sponsored by the Science of Spirituality (Sawan Kirpal Ruhani Mission).

Meets every Saturday, 8 p.m. (starting July 18) at UNITY, 5840 Oak Street, **VANCOUVER.**

"Spirituality, Darshan Singh wrote in his latest book, *"is the most natural path, one that does not require us to leave our family, job, home or religion. Like God's other gifts, it is free and available to all."*

"I have learned to love all mankind. Thy message of love I have with me — a priceless gift to share with one and all."

Darshan Singh, President of the World Fellowship of Relgions, is the spiritual guide to over 100,000 students of all faiths, and is the successor of the late Sant Kirpal Singh Ji Maharaj.

UNIVERSAL BUDDHIST TEMPLE
世界佛教會佛恩寺

UNIVERSAL BUDDHIST TEMPLE
PURELAND — ZEN — THERAVADA — YOGA (All programs free except Yoga. Everybody welcomed.)

SUNDAY (Chinese)
9 a.m. General Worshipping.
11 a.m. Offerings
2 p.m. Dharma Lectures
3:45 p.m. Evening Chanting

TUESDAY (English)
6 p.m. Advance Hatha Yoga (Fee Charged)
8 p.m. Meditation

WEDNESDAY (English)
7:30 p.m. Zazen
9 p.m. Tea

THURSDAY (English)
8 p.m. Vipassana Meditation
9 p.m. Dharma Talk & Tea

SATURDAY
9 a.m. ZaZen (English)
11 a.m. Tea
3 p.m. Dharma Lectures (Chinese)
5:30 p.m. Pureland Meditation

525 E. 49th Avenue, **VANCOUVER,** B.C. V5W 2H1, **325-6912.**

Vancouver White Lodge

Each of us has the ability to become more aware on a physical, mental and spiritual level — and reap the benefits in everyday affairs. This is the philosophy behind the **Vancouver White Lodge,** established in 1980 as a branch of the International College of Psycho-Therapeutics (Kent, England) to continue the teachings of the College's founder, the late R. Beesley. Our goals are the development of man's spiritual being as well as a greater understanding of health through natural therapies and nutrition.

Courses on metaphysics and self-healing are offered, and monthly discussion groups featuring a wide range of speakers are held locally. Quarterly newsletter and meditation tapes also available.

For more information about our activities, please call **943-6689. TSAWWASSEN,** B.C.

DHARMADHATU

A BUDDHIST MEDITATION CENTRE founded by CHOGYAM TRUNGPA, RINPOCHE

We have public classes every Monday at 8:00 p.m. and public meditation evenings at 7:00 p.m. on Thursdays.

For further information call Martin at **876-0556** or **874-8420.**

Dharmadhatu is located at 3275 Heather Street, **VANCOUVER,** B.C.

3HO FOUNDATION

KUNDALINI YOGA

Offering the practical teachings of Kundalini Yoga, meditation and natural lifestyle, to enhance the individual to become Healthy, Happy and Holy.

Kundalini Yoga classes Monday through Friday, 7:30 p.m., on a drop-in basis. No experience necessary. $2.

Sunday evening, 6:00 p.m., songs and prayers in the Sikh tradition.

Guru Ram Das Ashram, 3204 W. 13th Avenue, **VANCOUVER,** B.C., **733-5072.**

SPIRITUAL PRACTICES

ASTRO-TRAVEL FOR SELF-UNDERSTANDING

Experience reincarnation as a reality. Understand you are a free soul. Develop a crystal clear communication with the higher self. Work with your team of higher souls. Use tools to answer your questions in life. Find answers for yourself. Feel secure in any situation.

Lectures, workshops, information on profiles, group meetings: June 20th **NORTH VANCOUVER,** June 27th **VANCOUVER.**

For further information please contact Sonja Clark **986-8412,** Gwen McGregor **733-1793** or Ottawa Office, PO Box 1138 Station B, **OTTAWA**, ONTARIO K1P 5R2.

BRAHMA KUMARIS RAJA YOGA CENTRE

Understanding the inner workings of the soul, the dynamics of karma, and the nature of the world cycle enable one to experience the benefits of spirituality and unlimited consciousness.

Experience the soul's original perfection through this ancient form of meditation.

Courses free of charge. Open house Sundays 7-9 p.m.

535 East 50th Ave., **VANCOUVER,** B.C. **321-0964.**

TRANSMISSION

The Reappearance of The Christ is now an established fact. Transmission work is a form of active, impersonal service whereby group meditation helps step-down and transmit such energies as Light, Love and Power.

"Take your brother's need as the measure for your action and solve the problems of the world."

Inquiries: Raymond Shaw, **987-7842,** evenings. **VANCOUVER,** B.C.

THE INTERNATIONAL SOCIETY FOR KRISHNA CONSCIOUSNESS

Founded in 1966 by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. A movement for propagating the joys of chanting the holy names of the Lord, the Supreme Personality of Godhead, Sri Krishna. We offer free classes on the Bhagavad-Gita and Srimad Bhagavatam for understanding the Science of God-Consciousness. In addition we show spiritual video productions and serve sanctified foodstuffs (prasadam) to all. Please come and chant with us and make your life sublime.

Daily at THE BHAKTIVEDANTA YOGA CENTRE, 519 West Pender St. **VANCOUVER,** B.C. (5:30 - 8:00 p.m., 7 days a week) and THE RADHA-KRSNA TEMPLE, 5580 SE. Marine Dr. **BURNABY.** Phone **684-5098** or **433-9728.** *Hare Krishna.*

VIPASSANA FOUNDATION

MEDITATION IN THE U BA KIN TRADITION

Courses by: S.N. Goenka and assistant teachers. Vipassana or insight meditation is a simple technique of purification of the mind by self-observation.

Introductory evening: July 21, 8 p.m.

Courses: August 21-31 Shawnigan Lake, B.C.

September 1-11, California.

Contact: Vipassana Foundation, 2670 West 2nd Ave., **VANCOUVER,** B.C. V6R 1J9, **734-9444.**

TIME OUT & TRAVEL

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Great Expeditions is a leader in Canada in developing a broad range of international trips, from natural history to adventure and cultural appreciation. Our years of experience and contacts around the world enable us to arrange exciting and varied programs. Travelling in small groups we visit such places as the Galapagos Islands, China, Greece, Indonesia, Kenya and Nepal. We have travelled the globe extensively, lead the trips ourselves and demand that they be of exceptional value.

We are also publishers of **Great Expeditions Magazine,** a bi-monthly adventure magazine containing hard to find travel information, articles, and free information exchange.

Write or phone for our brochure detailing all our trips for 1983:

Great Expeditions, 2956 West 4th Avenue, **VANCOUVER,** B.C. V6K 1R4. Phone: **734-4948.**

Iskut Trail & River Adventures

Discover British Columbia's most spectacular wilderness:

Mt. Edziza Park — A volcanic region. Accompanied by pack horses we will hike to the lunar-like Mt. Edziza Plateau, which is spotted with volcanic cones, lava and cinder fields. Mt. Edziza, a dormant volcano with a glacier-filled crater, dominates this geologically unique area.

Spatsizi Park — a big game reserve. On horseback, we will travel through a rich wildlife territory (caribou, moose, grizzly bear, mountain sheep, wolf).

Alsek/Tatshenshini Rivers — North America's most scenic rivers. On this rafting trip you will experience riverside glaciers, ice bergs and a mountain scenery that is unequaled anywhere in North America.

Stikine River — Canada's most pristine river. We offer you the rare opportunity to raft the entire length of a wilderness river from its headwaters in the remote Spatsizi Plateau to the delta near Wrangell, Alaska. (The unavigable section of the Grand Canyon will be portaged). We will visit abandoned Tahltan villages, fish camps, goldrush remnants, hotsprings, and much, much more.

Our expeditions last from 1 to 12 days beginning July 1 and running 'til October 15.

For more details on tours, send for our 1983 brochure.

ISKUT TRAIL & RIVER ADVENTURES, 1103 - 207 West Hastings Street, **VANCOUVER,** B.C. V6B 1H7. **669-5175.**

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TRAVEL C.U.T.S. is able to provide all the services and conveniences of an IATA licensed travel agency. In addition, and owing to our status as a wholly student-owned agency, we are able to offer unique budget travel opportunities world-wide to both students and the public.

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TRAVEL CUTS U.B.C., Student Union Building, University of B.C., **VANCOUVER,** B.C. V6T 1W5. **224-2344.**

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HORSE-DRAWN COACH RIDES

Stopping off on Saltspring Island during your summer holidays? Relax and enjoy the cozy tour in a comfortably finished horse-drawn coach! Poetic rides leaving daily from Centennial Park in Ganges, Saltspring Island.

Special bookings for - weddings - parties — anniversaries - moonlit rides - ordinary or extraordinary occasions. Phone **653-4479** for further information. *Giddy-up!* **SALTSPRING ISLAND,** B.C.

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"ARASHEENA"

We are looking for couples to cruise and sail one to two weeks in the Gulf Islands or up to Princess Louisa Inlet and Desolation Sound on a spacious, fully equipped 56' Motor Sailer "ARASHEENA". Sailing lessons included if desired. Our rates are very reasonable and we welcome inquiries and viewing of "ARASHEENA" in False Creek.

Please call **Ken** or **Cherryl** at **736-0938. VANCOUVER,** B.C.

TIME OUT & TRAVEL

OUTDOOR RECREATION COUNCIL OF BRITISH COLUMBIA

Discover your province through the Outdoor Recreation Council of B.C. With information available on what to do, how to do it and where its done, embark on unsurpassable outdoor adventures this summer while developing a respect for nature. To assist, Outdoor Recreation Maps have been produced of select areas of the province detailing recreational opportunities. For further information, contact:

Outdoor Recreation Council of B.C., 1200 Hornby Street, **VANCOUVER,** B.C. V6Z 2E2, **687-3333** local 230.

GREEN TORTOISE
ALTERNATE TRAVEL

Seattle-San Francisco-Los Angeles trips at **$49 one way.** Other trips include: Alaska, Baja, East Coast, Mardi Gras.

Enjoy interesting people, music, sleeper coaches, hot springs. It's fun!

Call **Patricia 732-5153** evenings & weekends. **VANCOUVER.**

QUADRA ISLAND SERENITY

A perfect place to canoe around the small islands in Gowlland Harbour or for bird watching in May & June. Or catch a salmon and smoke it yourself. In September, pick blackberries and Chanterelle mushrooms. Superb diving area. Interesting island history. Fantastic view and sunsets.

Write **Joan & John Sell,** Box 175, **QUATHIASKI COVE,** B.C. V0P 1N0. **285-3279.**

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ADVENTURE TRAVEL

Visit China on your own. We travelled there. We sell safaris in Africa and camping tours in Europe and Australia. Our consultants have travelled Africa, South America, South Pacific, Asia.

Westcan Treks, 3415 West Broadway, **VANCOUVER,** B.C. V6R 2B4. **734-1066.**

WILDERNESS CAMPING — THE CHARLOTTES ON THE CHEAP

Alternate Travel's 33-foot bus has loads of room on its roof for kayaks, bicycles, etc.

We travel via The Inside Passage for a 2-week adventure August 1-14. Mucho fun! $265 round trip, including ferry. Starting point: Nanaimo, B.C. Phone **(604) 336-0672. CUMBERLAND,** B.C.

WILDERNESS CANOEING FOR TEENAGERS

Specially geared for teenage boys and girls experiencing problems at school or at home, our canoe-camping trips take these young people away from the city for a 10-day adventure. Trips are run in July and August.

Contact, Western Wilderness Encounter Society: **Stella Allen, 921-9443,** or **Patrick Fawkes, 921-7064.**

6994 Hycroft Road, **WEST VANCOUVER,** B.C. V7W 2H8.

ABROAD:

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Wales: *Welsh Network of Light,* c/o Judith Roe, 21 Bridge St., Llandaf, Cardiff, Wales, B.I.

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Pennsylvania: *Holistic Learning Quarterly,* 619 Wood St., Pittsburgh, PA 15221.

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(See listing for an OH Workshop in the Conferences section).

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IN CANADA:

New Alberta, 5918C-3rd St. S.W., Calgary, Alberta T2H 0H8.

Inner Life, 214 Glengarry Ave., Toronto, Ontario M5M 1E4.

The People's Classifieds, Alternate Links Inc., 23 Westmore Drive, Suite 304, Rexdale, Ontario M9V 3Y6.

IN THE U.S.:

Arizona: *Arizona Networking News*, P.O. Box 15103, Phoenix, AZ 85060.

California: *Common Ground*, 9 Mono Ave., Suite B, Fairfax, CA 94930.

The L.A. Light Directory, 4026 Beverly Blvd., Los Angeles, CA 90004.

The New Age Source: P.O. Box 1143, Canoga Park, CA. 91304.

New World, 20511 S. Blythe Ave., Riverdale, CA. 93656.

Resources, 3660 Louisiana St., San Diego, CA 92104.

Spectrum, 503 Gertrude Ave., Aptos, CA. 95003.

Whole Life Times, Los Angeles, P.O. Box 3579, Santa Monica, CA 90403.

Colorado: *Nexus*, 1535 Upland, Boulder, CO 80306.

Florida: *Rainbow Visions*, P.O. Box 6337, Hollywood, FL 33021.

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Illinois: *New Chicago*, 2930 N. Lincoln, Chicago, IL 60657.

Heartland, 7000 N. Glenwood, Chicago, IL. 60626.

Massachusetts: *Whole Life Times — New England* 18 Shepard St., Brighton, MA 02135.

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Press Gang is a collectively-run feminist, anti-capitalist print shop and publisher, in operation for 10 years. We print posters, leaflets, brochures, business cards, letterheads, newsletters, books, etc. Our equipment includes large and small presses and we do quality offset printing as well as instant printing.

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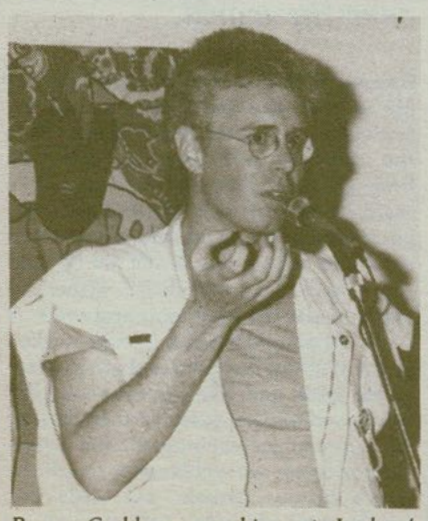
LETTERS



Bruce Cockburn speaking at Isadora's Restaurant in May.

May 9, 1983

Dear Friend,

In a Mexican jungle camp 800 metres from the Guatemalan border, I saw 5,000 people subsisting on a diet of leaves. Two or three children are lost every day to whooping cough, dysentery and tuberculosis.

A further eight hours walk up river, in the Chajul camp, things are a bit better. There they have enough corn flour to provide a daily ration of three tortillas per person. But the shelves of the medical dispensary were empty until Nancy White and I brought suitcases of medicines from OXFAM-Canada.

Nancy and I have just returned from visiting refugee camps in Mexico and development projects in Nicaragua. We went for OXFAM-Canada to see for ourselves what's happening in Central America, and to share our experiences with you and other Canadians.

People sing here. They dance to the music of a marimba carried for nine nights as they fled from their Guatemalan village south of the border. **Even this terrible hardship can't kill their spirit.**

We talked to people and listened to their stories. We felt the pain of a father cuddling his emaciated infant. But we also felt hope for the future, so strong in these people. This hope survives even the horrors of Guatemala where mass murder of whole villages is now commonplace.

Meanwhile, in the city of Estili in Nicaragua, new housing blossoms in the bombed out ruins. The whole country is vibrant with hope. There is so much to be done. Everywhere you feel a tremendous energy and enthusiasm to get on with the job. There are schools where there never were any polio vaccinations for people who never had health care; and the continuing success of their amazing literacy crusade — thousands of school kids mobilized for an assault on ignorance!

The people of Nicaragua have a wonderful vision. Their passionate hopes for the future have burst into a **revolution of learning, of social reform, of poetry and theatre.** This revolution walks a perilous tightrope between the chaos inherited from the former regime of Anastasio Somoza and the clear attempts by the United States to destabilize the new peoples government.

Short of foreign exchange, unable to get spare parts for U.S. made vehicles and machinery, and faced with frequent attacks by American backed invasions from Honduras, the people of Nicaragua need all the support they can get for their new society.

OXFAM-Canada gives vital support where it can make the most change. I've visited OXFAM funded health clinics and work cooperatives in

continued... Page **35**

WORLD'S CHURCHES MEET IN VANCOUVER

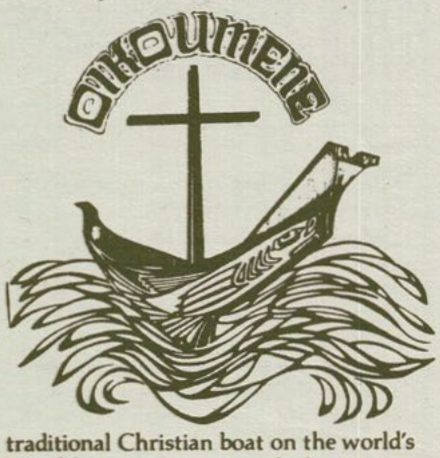
An international event on a scale with the Habitat Conference of 1976 is happening this summer in Vancouver.

Once in every seven years, the World Council of Churches meets. This year the 930 delegates (with some 2,000 official observers, visitors and staff) from 304 churches in 90 countries will convene at the University of B.C. campus from July 24 to August 10.

This Sixth Assembly (the first was in 1948, the last in 1976 in Nairobi) "will be the most representative gathering of global Christians in history," according to a W.C.C. press release.

Canadian delegates come from the Anglican, Lutheran, Greek Orthodox, Presbyterian, United, and Disciples of Christ churches, and the Society of Friends (Quaker). Many of the evangelical churches in the developing world will be represented. Roman Catholic participation includes official observer status, and membership on some committes. And their will be observers, too, from such major world faiths as Sikh, Buddhist, Hindu, Moslem and Judaism.

In addition, as illustrated in the Sixth Assembly's Haida rendition of the



traditional Christian boat on the world's troubled waters symbol, Native spirituality constitutes an important part. A specially constructed Arbour on the campus will have a ceremonial fire burning throughout the Assembly. And a totem pole is being carved, to be raised first here, and then sent to the W.C.C. headquarters in Geneva.

The public can attend morning worship in a huge tent, go to the three public forums, including one on August 4th with Coretta Scott King (Martin Luther King's widow) speaking on *Peace and Disarmament — An American Perspective;* and attend extra sessional lectures, panels, and music.

The Project Ploughshares Peace and Justice Coffee House (see listing on page **10** will offer much of the public focus, with speakers such as Nobel Peace Prize winner Adolfo Perez Esquivel; Dr. Helen Caldicott of Physicians for Social Responsibility; and an ongoing meeting place in both the Grad. Student Centre and International House.

There will also be an "Agora" marketplace, a Women's centre called the Well, and a public procession and all night vigil on Hiroshima Day, August 5th.

The numbers, the hundreds of events, the illustrious guests (the Archbishop of Canterbury will perform the ecumenical Lima Liturgy) — its quite overwhelming. But the real wonder is that these often disparate and disagreeing churches can decide to meet at all. Its not an easy exercise for them.

> "The Assembly won't soothe all the fears that the World Council evokes; all the tensions it creates won't be eased; in fact the turbulence might be increased when the delegates, many of whom will be attending their first international ecumenical gathering, come to realize what a threatening force the ecumenical movement poses to denominational security, spiritual tranquility and theological oversimplicity."
>
> Rev. Dr. Philip Potter,
> General Secretary,
> World Council of Churches

The W.C.C. raises these fears not only because of the challenge of unity itself, but because it involves itself directly in the problems and crisis of the so-called third world. Eighty percent of the Council's $100 million budget goes to the W.C.C. Commission on Inter-Church Aid, Refugee and World Service, active in "expressing their (the churches') concern for the service of human need and promotion of justice and peace."

And not only does the outreach work to the needy provoke cries of interference, but the idea of all these different expressions of faith coming together is blasphemous to some. W.C.C. press contact Rod Booth cites two recent disparaging media reports, on *TV's Sixty Minutes*, and in the *Reader's Digest*, which he feels were promoted by the right wing "moral majority's" Institute of Religion and Democracy.

"Those whose mind-set is One Answer do not feel comfortable in the World Council of Churches," Booth says. The Jerry Falwell's of the world stay away.

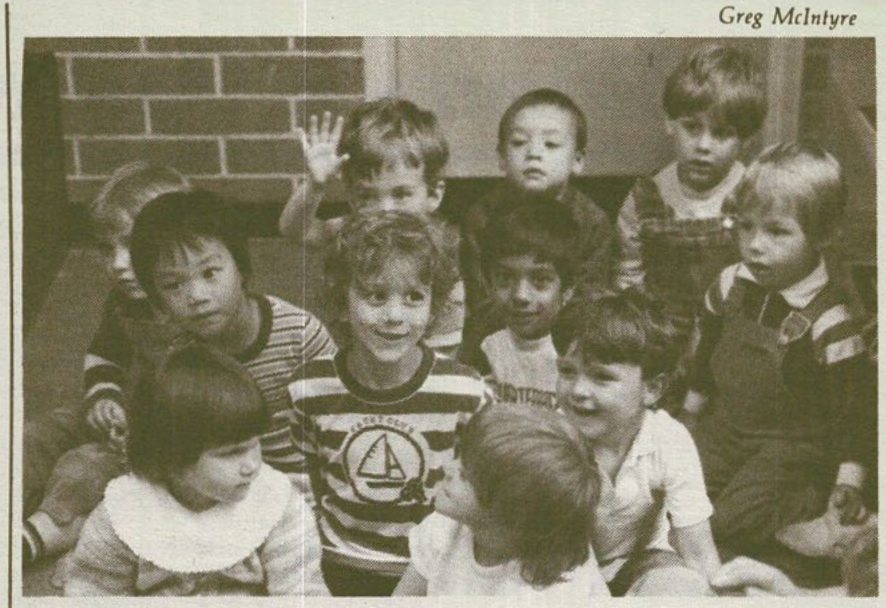
But Billy Graham wanted to come, and may yet, though he has another pressing commitment. The great attraction of dialoguing on faith and the interface of religion with the world is hard to ignore.

". . .(The Churches are) expressing their concern for the service of human need and promotion of justice and peace."

The Assembly theme is "*Jesus Christ — The Life of the World*", with the emphasis on life. Four main areas of exploration for the delegates are on *Life as a Gift of God, Life in the Midst of Death, Life in Fullness,* and *Life in Unity.* Existence is sacred, and the responsibility of all humanity, especially those devoted to spirit, is to honor it.

Additional information available through the Vancouver Planning Committee. Room 185, 6050 Chancellor Blvd., V6T 1X3. 224-7513.

Greg McIntyre



Fate of the Earth?

The following article is the last two paragraphs from Jonathan Schell's The Fate of the Earth *No other work so forcefully presents the state we are in because of nuclear arms — and offers such a challenge to awake and act.*

At present, most of us do nothing. We look away. We remain calm. We are silent. We take refuge in the hope that the holocaust won't happen, and turn back to our individual concerns. We deny the truth that is all around us. Indifferent to the future of our kind, we grow indifferent to one another. We drift apart. We grow cold. We drowse our way toward the end of the world. But if once we shook off our lethargy and fatigue and began to act, the climate would change. Just as inertia produces despair — a despair often so deep that it does even know itself as despair — arousal and action would give us access to hope, and life would start to mend: not just life in its entirety but daily life, every individual life. At that point, we would begin to withdraw from our role as both the victims and the perpetrators of mass murder. We would no longer be the destroyers of mankind, but rather, the gateway through which the future generations would enter the world. Then the passion and will that we need to save ourselves would flood into our lives. Then the walls of indifference, inertia, and coldness that now isolate each of us from others, and all of us from the past and future generations, would melt, like snow in spring. E.M. Forster told us, "Only connect!" Let us connect. Auden told us, "We must love one another or die." Let us love one another — in the present and across the divides of death and birth. Christ said, "I come not to judge the world but to save the world." Let us, also, not judge the world but save the world. By restoring our severed links with life, we will restore our own lives. Instead of stopping the course of time and cutting off the human future, we would make it possible for the future generations to be born. Their inestimable gift to us, passed back from the future into the present, would be the wholeness and meaning of life.

Two paths lie before us. One leads to death, the other to life. If we choose the first path — if we numbly refuse to acknowledge the nearness of extinction, all the while increasing our preparations to bring it about — then we in effect become the allies of death, and in everything we do, our attachment to life will weaken: our vision, blinded to the abyss that has opened at our feet, will dim and grow confused; our will, discouraged by the thought of trying to build on such a precarious foundation anything that is meant to last, will slacken; and we will sink into stupefaction, as though we were gradually weaning ourselves from life in preparation for the end. On the other hand, if we reject our doom, and bend our efforts toward survival — if we arouse ourselves to the peril and act to

Christ said, *"I come not to judge the world but to save the world."*

forestall it, making ourselves the allies of life — then the anesthetic fog will lift: our vision, no longer straining not to see the obvious, will sharpen; our will, finding secure ground to build on, will be restored; and we will take full and clear possession of life again. One day — and it is hard to believe that it will not be soon — we will make our choice. Either we will sink into the final coma and end it all or, as I trust and believe, we will awaken to the truth of our peril, a truth as great as life itself, and, like a person who has swallowed a lethal poison but shakes off his stupor at the last moment and vomits the poison up, we will break through the layers of our denials, put aside our fainthearted excuses, and rise up to cleanse the earth of nuclear weapons.

The Fate of the Earth *is published in Avon paperback, for $2.95, available at most bookstores or through* Common Ground.

The Information Economy is Here

By DOMINIC WATSON

That we all want is a better world, and to play a part in creating it. To be effective in this, it is important to distinguish between active and passive components of the human dynamic so that we do not dissipate our energies in trying to change things that do not directly influence the world in which we live.

Economic systems are basically passive. The point of any economic system, capitalism, socialism, communism, is to define the ways and means for people to cooperate in providing their needs and wants.

There is nothing inherent in any economic system that leads to violence and exploitation. These things are much more part of the human psyche itself, which has not yet evolved to the point where its world view is completely holistic such that it can unite the desires of the individual with the needs of the group, rationalize the limits of life on earth with the length of human existence and recognize that nature is its partner, not an adversary.

Each economic system has its roots in a specific time and place. Because of this, the social and economic costs of a whole hearted change of an existing economic system are very great. History has demonstrated that only under extreme conditions will people be willing to tolerate such costs. In most cases, much more can be accomplished through working with what is, rather than trying to create any particular concept of what ought to be.

In our society, the prevailing economic system is capitalism. That is, the means of production are primarily owned not by the state, but by individual members of society. The supply of and demand for products and services are rationed according to price. Society's evaluation of the worth of any given enterprise is gauged in terms of profit.

Profit, put simply, is the difference between the price that people are willing to pay for a product or a service and the cost of providing it.

At the beginning of a new stage of technological development, such as the one we are now entering, profits are very high for new enterprises that are successful. This is because society as a whole is willing to reward those individuals who are capable of confronting the unproven and the unknown. At the same time, profits for mature industries, per dollar of invested capital, will decline. Compare cars with computers.

"There are no passengers on spaceship earth — we are all crew."

Now is a time of fast and fundamental change. This is because of new technology, because many of us are much more aware now than we have ever been, and because the stakes are very high.

Technology is only as good as its applications. We may refuse to forge ahead, we may cling to what we already have, we may blow ourselves to little pieces.

We are forced by the facts to be optimistic.

"There are no passengers on spaceship earth," said Marshall McLuhan, "we are all crew."

The industrial age is ending. We will still dig up rock and cut down trees for some years yet. But this is not where the opportunities will lie, not where the rewards will be greatest.

This is the beginning of the information society. Information is replacing natural resources as the raw material with which our economy creates. This is happening now. The successful enterprises and entrepreneurs of the nineteen eighties have recognized reality.

The search is no longer for isolated pockets of raw materials and individually packaged products. The search is for *common ground.*

But because information is now the raw material, it no longer has much value for its own sake. Now it must be creatively shaped, packaged, and distributed in ways that make it useful to an ever increasing number of people.

In the information society it will no longer be necessary to amass large numbers of people and large amounts of resources in one location. The economies of scale that characterized the industrial age will be dissipated by the new technology. But world view will be more and more important. People can participate in the information economy as easily in a rural as an urban setting. But they cannot be isolated.

Think globally act locally.

Think globally, act locally.

The new process will involve breaking down the barriers, not building more of them.

The amount of physical capital required to participate in the information economy will be much less than its industrial counterpart. This will enable many more players to participate in the entrepreneurial process. The rate at which new businesses are being formed has in fact increased ten fold over the last ten years.

But with many more players, it will be more important than ever to learn the rules of the game. No system is perfect. But understanding the system that we have is a fundamental condition for changing it.

It is no longer a question of capitalism versus socialism. It is a question of information.

Common Ground Publishers Alana and Joseph at a 'Bourse 'n Bacchanal', business networking party. *Alan L. Katowitz*

PARTICIPATE & PROSPER

So you've started a business or you sell a product, you're a chartered accountant, a lawyer or maybe career seeking. Now what happens? You need people, business people, contacts, referrals, leads, phone numbers. Is there an easy way to obtain these people or business relations? Yes there is. Through a process called networking.

John Naisbitt, in his book call *Megatrends,* takes Chapter 8 to tell us that networks are people talking to each other, sharing ideas, information and resources. Its the communication that creates the linkage between people and clusters of people.

Networks exist to foster self-help, to exchange information, to change society, to improve productivity and work life and to share resources. They are structured to transmit information in a way that is quicker, more high touch and more energy efficient than any other process we know.

In North America networking organizations are playing a large part in the success and prosperity of business people.

Networking gatherings could be a breakfast meeting with 5 or a business lunch of 15 or a monthly coffee at the local restaurant or a large group of 250 at a first class restaurant. It's the idea of getting yourself and your business motive out to people so you may create prosperity for yourself.

— David Short

I.F. STONE

somewhere in Russia and the flash is mistaken for an ICBM launch? Senate investigators have identified dozens of instances in which false alarms set our computers into motion. Under space war conditions, any of them might set off the final conflict. There'll be no time for sober reflection. There won't even be time for Reagan to ask Ed Meese, "What's going on? Why did you get me out of bed at five o'clock in the morning?"

In the nuclear age, space war means transporting heaven to hell. It means we will use our satanic intelligence to penetrate the heavens with a fire more destructive than all the fires of the Inferno.

We Americans have achieved great technological successes, and we tend to believe that every problem must have a technological solution. But the problem of peace is not a technological problem, and it cannot be solved by developing a "perfect" weapon.

The atomic bomb was, after all, supposed to be the perfect weapon, and it gave us nuclear superiority for quite a while. It was during that period of nuclear superiority that the United States started getting kicked around, started losing wars — first in Korea, then in Vietnam.

Today the Russians have nuclear superiority over all other people except us — and what good does it do them? They are suffering in Afghanistan the same kind of impotence and humiliation we suffered in Vietnam. And they don't know how to get out of it, just as we didn't know how to get out of Vietman. Their nuclear might doesn't help them, just as ours didn't help us.

Somehow, we must get the message across that the nuclear arms race doesn't increase security; that it is, in fact, the basic menace to world security.

Somehow, we must begin thinking of ourselves as a family on this small planet we inhabit. Somehow, we must begin enjoying the differences within the human family instead of nursing anachronistic hatreds.

The real race, the real ideological conflict, is between those who can think in terms of human welfare and those who are trapped by ancient homicidal psychoses. There's very little time left to mobilize in behalf of the broader vision that alone can save the planet.

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BRUCE COCKBURN

Nicaragua. I know that OXFAM is an effective channel for helping the people of Central America.

I'm supporting OXFAM-Canada. I'm supporting the peoples of Guatemala. El Salvador and Nicaragua in their efforts to establish a just social system for themselves.

These people deserve your help. I want you to do something effective. Give as generously as you can to OXFAM-Canada for the people of Central America and other Third World regions.

Yours truly,
Bruce Cockburn

"Everything has changed since the splitting of the atom except our mode of thinking and thus we drift towards unparalleled catastrophe."

Albert Einstein (picture taken in 1933)

Courtesy of the Archives, California Institute of Technology.